‘I felt like I was going to pass out’

ECE supervisors evacuated children in their care in sub-zero weather after the Woodroffe campus was evacuated due to a heavy smell of natural gas on Thursday, Feb. 6.
Algonquin College continues to grow at a steady pace. This demand for our hands-on, applied education and training has never been greater. A recent Colleges Ontario report reflected a 40 per cent increase in the number of university graduates applying to colleges like Algonquin. Beyond Canada, the desire for this approach to education is being seen around the world.

With enrolment growth comes new facilities and new equipment. Most importantly growth leads to new employees. Whether they are just starting their careers, or they have many years experience in their field, they soon realize that our College is a very special place.

Our Vice President of Human Resources, Gerry Barker, tells of one employee who told him getting a job at Algonquin was like winning the lottery. I agree. This is what I felt when I joined Algonquin in 1998.

I have breakfast with every new employee. Consistently they tell me that our College is a great place to work and this is easy for me to agree. However, last week an independent third party affirmed what I already knew. Algonquin College is one of the National Capital Region’s Top Employers!

In a special feature written by the judges of the annual competition, our College community was celebrated for our unique environment of collaboration, our openness and transparency and our strong benefits and professional development opportunities. This Top Employer award is a reaffirmation of our efforts as an employer, and it confirms what we have long known – that Algonquin College is a great place to work.

What does Algonquin College as a top employer mean for you as a student? I feel one of our defining characteristics is that we are a purpose-driven organization; our employees are committed to your success. Our employees are keenly focused on giving you a learning experience that is of high quality and aligned with the needs of your chosen industry. These are attributes that qualified us for this award.

I am particularly proud that we practice what we preach. We are a learning organization and whether it is events like our Kaleidoscope professional development conference in May, or our many professional development programs, we instill a culture of learning and growth within each of our employees. Why do we do this? Well ultimately our students are the beneficiaries of this professional development commitment to our faculty and staff.

Algonquin has always been a good college. Once again, today others learned what we already knew.
Stuntman Stu works his Majic at Sochi

ARIELLE FOLLETT

After three flights, with stops in Frankfurt and Moscow, 39-year-old Stuart Schwartz, better known as Stuntman Stu, finally arrives in Sochi, ready to begin announcing for Canada’s women’s hockey team at the 2014 Olympic Games.

In more ways than one, Schwartz has arrived.

“Working the Olympics is the top of the game for some people in this business,” says Schwartz. “It’s like nothing I’ve experienced before.”

Schwartz was an announcer at the 2010 Olympic Games in Vancouver as well.

A graduate of the radio broadcasting program in 1997, Schwartz is flattered to have been chosen as an Olympic announcer for the second time. He calls his time spent at the college his greatest schooling experience, despite the fact that completing his degree took longer than expected.

After a rocky first year, riddled with bad grades and an attitude problem, Schwartz was kicked out of the school, for and in spite of this.

“Algonquin, as a school, gives you an opportunity to not only get a great education, but also to learn about yourself,” says Schwartz.

Schwartz begged the college to take him back the next fall and they agreed on the condition that he not skip a single class or his reacceptance would be revoked.

He started again the next year, ultimately taking him three years to complete the two-year program.

“I took the extended plan,” he jokes.

“Ian Barrie, a former professor in the radio broadcasting program, argues that this break did nothing but good for the future broadcaster.

“He came back with a new purpose, a new dedication and a new direction,” says Barrie. “He worked harder than ever before and just became an absolutely stellar student.”

It was during Schwartz’s second run at first-year that he started working at the Bear as a volunteer on the morning show.

Barrie was impressed by his ability to balance work and school.

“He worked hard on his skill development. He had a vision and he went out there and did it,” says Barrie. “And he did it exceptionally well.”

At the time, the radio personality’s stick was pulling off silly acts like wearing a bunny suit. This was what led to the nickname Stuntman Stu.

“When somebody recommended it, I said ‘That is the dumbest thing I’ve ever heard.’” Schwartz says with a laugh. “And now 17 years later, I have to explain to people why I call myself Stuntman. It just stuck.”

After spending nearly 11 years at the Bear, Schwartz decided it was time for a change and moved to sports radio at the Team 1200 in 2006.

It was at this time that Schwartz also snagged the role of announcer for the Ottawa Senators. In his first year, the team made their way to the Stanley Cup Finals.

“He brought a whole new level of excitement to the rink,” says Barrie.

Schwartz spent another three years at the Team 1200 before leaving once again to work at BOFM.

Schwartz finished up a year-and-a-half at BOFM before making a final leave to his current home away from home, Majic 100, in 2011.

“Majic is the perfect fit for my lifestyle,” Schwartz says.

I use the skills I learned at Algonquin every day

Stuntman Stu Radio broadcasting graduate

Majic 100 is a family-oriented, soft-rock radio station. Schwartz hosts the morning show with co-hosts Angie Poirier and Trisha Owens.

“Stu has been working in broadcast forever,” says Owens. “Not a day goes by that I don’t learn something from him.”

On top of announcing and radio, Schwartz throws emceeing of events such as golf tournaments and the Sens Foundation Gala into the mix.

“The work isn’t hard, it’s just time-consuming,” says Schwartz. “No two days are the same, but you’ll never hear me complain.”

The most notable part of Schwartz’s career is the anti-bullying campaign he began in 2011, No More Bullies.

The campaign began after a touching news story about school yard bullying found its way into the Majic Morning Show topics for the day.

Schwartz was especially moved by the story because he had been bullied throughout high school.

Still fired up after wrapping for the day, Schwartz took to social media.

He tweeted, “I’m so fed up with this, I’ll have to go out to every school in Ottawa and preach No More Bullies I will.”

From there, the campaign was born.

Schwartz, Poirier and Owens delivered on his promise, spending the last two-and-a-half years dedicating every Tuesday morning to spending time at a local high school, advocating to stop bullying dead in its tracks.

“He does so much for the community and all out of his own time,” says Owens. “He’s an amazing guy.”

The campaign has been backed by people all over, from the Senators to the Cake Boss. All No More Bullies supporters wear bright blue rubber bracelets, marked with the brand.

“He’s a very fortunate, talented man,” says Barrie. “Certain things have to collide to get you on that path.”

Schwartz recognizes his roots at the college as the key to his success.

“I use the skills I learned at Algonquin every day,” he says. “I totally owe and give credit to the school.”

Brenda Rothwell, executive director of the AC Foundation, acknowledges Schwartz as an active alumus.

Schwartz has been volunteering with the school since graduation, most notably as the Master of Ceremony at the college’s 40th anniversary gala.

This led Schwartz to be chosen as Alumnus of the Year in 2003.

“Stu is one of our strongest cheerleaders,” says Rothwell. “He’s out and about in the community and he’s very proud of his roots.”

That very cheerleading, as well as his countless achievements and ongoing dedication to his profession and community, led the school to award Schwartz with a honorary degree in 2012.

Despite Schwartz’s long list of achievements and accolades, the fame has not gone to his head.

“In the end, we’re just people who talk on the radio,” he says. “I try to be the same person you hear on the radio as you see walking into Shoppers Drug Mart. I’m really just a regular guy.”

Schwartz’s career has seen much success so far, due to no shortage of hard work.

“My motto in life is simple: You’ve probably heard it before, but it’s worth repeating,” Schwartz said in his convocation speech in 2012. “Chase your dreams, big or small. Take chances. Follow your gut. Do what scares you and challenge it head on.

“As an Algonquin graduate, you’re now in the club.”
Leadership style linked to award

Honest communication key to improved environment

PATRICK LONGCHAMPS

Algonquin has been named one of the National Capital Region’s top 25 employers.

Max Keeping, an active member of the Algonquin College Foundation Board, announced the award in a secret conference to faculty and staff Feb. 4 in the Marketplace Food Court on the Woodroffe campus.

"This award is a reflection of your work, your commitment and your determination," said Keeping. "The leadership of Algonquin in the academic field is so far ahead of many similar institutions across the province and now across the country. You are being recognized more and more by your peers and your community."

Upon receiving the trophy, president of the college, Kent MacDonald offered to pass it around so everyone had a chance to hold it. The two men congratulated the hundred staff in attendance and the rest that couldn’t be there for their help in winning the award.

"I have the privilege of speaking on behalf of the college all the time. It’s one of my jobs to be a cheerleader," said MacDonald. "I’ve said it since the first day I started as president that this is the most important public organization in the city. I’m convinced of that."

Canada’s Top 100 Employers is the organization giving this title to the college. The decision is based on a regional competition. It recognizes employers in parts of the country that are leaders in their industries that offer exceptional places to work. None of the editors attended the event.

The crowd was told not to mention anything until the following night when the announcement was publicized. The crowd audibly groaned at this bit of news.

"You’ve been invited to come here but keep it a secret. How the hell are you supposed to keep a secret on a campus this large?" said Keeping. "This announcement will be tough to keep to yourself but you can’t tell anyone for the next 18 hours. No Twitter, no Facebook, no nothing."

There were people questioning the event after MacDonald put up pictures on his Twitter account of mugs that had sticky notes with question marks on them covering the award name. Two women in particular had been asking MacDonald exactly what this meant.

Helena Merriam, coordinator of the library and information technician program and Cat Baron, professor of the police and public safety institute department were both invited on stage to receive the first mugs.

"What we have for all of you here today, and I hope you use it proudly, is a mug," said MacDonald while someone pulled back a curtain revealing free coffee and mugs.

Everyone in attendance was invited to sign a banner board with the name of the school and the award name which will be placed somewhere on the Woodroffe campus.

MACHTHOUSTON

According to longtime faculty and staff, this year’s announcement that Algonquin was part of the National Capital Region’s top 25 best employers can be linked to two fundamental conceptual: morale and communication.

"When Kent MacDonald started as president it was kind of a morale change. The previous president was more business. He talked budgets and did what the minister of education said. Kent’s attitude is much more warm, personable. He always has a positive approach and a look to the future vision," said Helena Merriam, coordinator of the library and information technician program.

MacDonald’s commitment to communication is evident in the events he puts on. In December he held a town hall meeting where he and the vice-presidents answered any questions that anybody who attended the meeting asked, including the union.

"I think it opened up a lot of morale here," said Merriam.

The school also sent out an engagement survey to 1,300 employees to find out how they felt about working at the college.

"We needed to know what our employees were thinking, even though when you ask those types of questions you may not like what you hear. And yet you cannot commit to improvement unless you have real input. The biggest issue we found was communication," MacDonald said.

The title was given out by Canada’s Top 100 Employers, who this year had over 3,000 applicants as businesses and organizations vied for the prestigious award.

Companies are assessed on eight key areas, ranging from physical policies such as health, financial and family benefits, to more environmental aspects such as employee communication and community involvement.

For MacDonald, it was not just a victory for himself to receive the award just two years after taking the presidency, but a group effort between every single employee of the college.

"I accepted this on behalf of every employee, I know who wakes up every morning wondering how they can provide the best service to students, it’s nice for me to tell them they are doing a good job, but to have an outside institution recognize it is fantastic," he said.

MacDonald knew that the college would receive the award in late December, but had to keep it a secret for over two months before he could tell anybody, but he wanted to do it in a good way.

"I felt like we have to find a way to celebrate this, let people know instead of waking up and saying ‘What’s this all about?’" It’s been fun, but a challenge to do this type of thing," he said.

Staff and faculty all signed the board, symbolizing the joint effort put forward by all members to achieve the designation of one of the National Capital Region’s top 25 employers.
Blown away by new turbine

MICHAEL ROBINSON

Aviation studies faculty and students lined up last Friday to welcome the department’s newest toy, a used $25,000 PT6A-41 aircraft turbine donated to the college by aerospace manufacturer Pratt and Whitney Canada (PWC).

The college’s S-building is now the retirement home for the newly-defunct engine, which sells upwards of $500,000 brand new.

Aviation studies program co-ordinator, Bruce Dwyer, said despite the machine’s “lifeless” condition, students are excited to start the repairs. “A newer engine has new pieces and no issues,” said Dwyer. “But in the interest of teaching functionality, we want our students to see something broken.

We want them to see minute cracks or rips in the fan, issues that can eventually blow an engine to pieces.”

This is why Christopher Janzen, dean of the faculty of technology and trades, believes the opportunity to tinker with one of the over 51,000 PT6 engines that PWC have produced is second-to-none.

“Our students are now going to have the opportunity to learn about an engine that is really the benchmark of the industry,” Janzen said.

The new teaching tool caught the eye of aviation management student Jason Gravel, an aspiring pilot who attended the ceremony.

Planning to fly for a living, Gravel stressed the importance of being able to know an aircraft inside and out. “It’ll be nice to know the different functions of this PT6,” the first-year student said. “When I am tested on engine systems by a future employer, I’ll have a little bit of a leg-up on everyone else because of my hands-on experience.

The PT6 is a turbine built to power a propeller-driven aircraft. Given the moniker of “the muscle car of airplanes” by aircraft enthusiasts, the turbine engine celebrated its 50th year in flight last year.

“We called it the Crazy Canuck,” said J. Richard Bertrand, vice-president of government relations at PWC, reflecting back on the engine’s early construction in 1963.

The donation could not have arrived at a better time. According to a market outlook study released by Boeing last year, global demand for pilots and technicians will surpass one million jobs within 20 years.

For Gravel, it’s good news for those who can’t wait to get in the cockpit.

“The PT6 is so widely used in general aviation,” he said. “In fact, it’ll probably be in one of the planes I’ll fly at the start of my career.”

No sleeping at this meet

Algonquin paramedic, welding students participate in bed race

CHRIS WHAN

Algonquin had two teams compete in the Kiwanis’ club’s annual bed race on Dow’s Lake on Saturday, Feb. 1 to kick off Winterlude. A team of paramedic students and a team of welding students participated in the race and despite the cold and snowy conditions and lots of falls, there were cheers and laughter from both groups.

“It was quite fun,” said Tyler Burgess, a first-year paramedic student at the college. “I enjoyed it quite a bit.”

The race was separated into three heats with five races in each heat. The second race of the first heat had both Algonquin teams racing against each other and though there was a great effort on behalf of the paramedic team, the welders won.

Unfortunately the welders were short a racer due to a lack of attendance by students in the program but despite the competitive spirit, the paramedics lent some of their racers to the welders so they could compete.

When asked why he decided to switch teams, Geoffrey Smith, a first-year paramedic student replied. “We may be on different teams but we’re all Algonquin. Go Thunder!”

That comradery spilled over into other races as the welders lost another racer due to a light injury so they sent over an extra racer for the final heat. Despite the group effort from both neither of the teams won that day. It wasn’t really about winning though. It was about the charity, especially on the part of the welders.

The welding program builds the beds for the races and donates them to the race. Each bed nets the Kiwanis club $200 and the welding class provided six beds to this year’s event.

As for the paramedics, this is a yearly event for the first-year students to go through, though normally, they are accompanied by the police foundations and culinary programs as well as the welders. Last year, the temperature dropped below -15 C so there wasn’t much blame on those who didn’t come this year.

The final race of Algonquin’s day came with three welders and two paramedics on the same team. With cheers of “Let’s go Thunder!”

Province paying out

Several innovative proposals put forward by Algonquin College are going to receive $300,000 in provincial funding.

The announcement was made on Feb. 7 during a press conference held at the University of Ottawa. This extra funding according to a release from the college, will help assist the college in moving forward with “productivity and innovation proposals,” such as the eTextbook Initiative.

“The number of Algonquin proposals which were funded speaks positively to the bold and forward-thinking plans we have to maximize our resources in support of student success,” said Dr. Kent MacDonald, president of the college.

Algonquin plans to use half of the money to support the second phase of the eTextbook Initiative. Despite a rocky start with digital provider VitalSource and student concerns over high pricing, the college will expand the strategy from 34 to 119 programs.

Other initiatives range from the creation of three self-directed online courses to moving more college data online.
Finance club schools on money matters

BRIAN CRADDOCK

Dealing with money can be a terrifying proposition. Fortunately Algonquin has its own club dedicated to helping students understand money.

Headed up by business administration students Vicky Kotow and Sagal Hach, the president and vice-president respectively, the finance club is responsible for trying bringing fiscal literacy to Algonquin’s student body in a variety of ways.

Throughout the year, the financial club holds a variety of events, typically one every month, each spearheaded by one of the members of the board of directors.

The club aids students by putting them into contact with experts in a variety of fields, like accounting and HR, with the intent of helping them become “at ease with money,” according to president Vicky Kotow. The club also offers assistance with understanding things like investments and puts students in contact with professionals.

According to Kotow, every month this semester the finance club is planning to hold a special event planned by one member of the directors to try to drum up financial literacy amongst Algonquin’s student body.

“Last semester our big event was the networking event. We had about 12 employers come, and it was like speed-dating.

They got to sit down for five or 10 minutes, they left their resumes, got to ask whatever questions they wanted answered about jobs they had available and what kind of work they do,” said business administration student Kally Greenaway, a member of the club’s board.

According to Greenaway, some people who attended the meeting even came away with new jobs.

Later this semester, the club is planning a form of elevator pitch party where students are given a limited amount of time, no longer than a typical trip in an elevator, to pitch something to a panel of financial experts, including several members of Algonquin’s staff and faculty including Michael Callahan and Steve McBride.

In addition to the elevator pitch event, the club is planning what they call the “Alphabet Soup” event, this one geared more towards business students, where they can come and learn about the different designations in different aspects of the financial industry.

This March 3rd, the club is holding a meet and greet, where Algonquin students can come, meet the club’s board, and talk to them about who the club is, and what they do.

The club is also in the midst of planning various other events.

According to Justin Benoit, a new member of the club who joined this year, the finance club offers a great way to give back to the Algonquin community.

“I knew I wanted to volunteer,” Benoit says.

He is currently trying to plan a resume-writing workshop to be held this semester, to aid students in effective preparation for entering the job market.

Busines marketing students pitch for perfection

SAFIA HASHI

What was once a final project at the end of the semester has become now become a high stakes competition.

Graduate-level business marketing students made the transition from managing virtual clients to pitching a full marketing program to four Ottawa-based organizations. This year, one marketing plan for each organization will be selected. Thus, the teams are competing for the top spot at the end of the term in April.

An annual tradition dating back to 2005, the program seeks businesses with a product sold to customers looking for a full marketing plan to help with advertising, product ideas, and creativity.

Students are challenged with utilizing elements of marketing to work on an on-campus consulting team.

Buckwheat Pillow, The Urban Element, Royal Canadian Legion, and The Ottawa Fury soccer team signed on for this year.

In level three, the students were paired with coaching skills to interact with clients virtually; they learned the basics of meeting agendas and organizing their ideas into a structured plan.

Monday morning in the ACE building, the four teams of five met with their assigned organizations to present in an industry style manner for the first time and they were being judged. Valerie Hill and Jill Baker facilitated the project for the graduate - level students.

“We are looking for students to come prepared and sell their market opportunity,” said Hill, a professor in both the two-year and three-year marketing programs.

The companies hearing the pitch also helped with grading.

Casandra Lafontaine, 21; Mathieu Denis, 22; and Christopher Garlough, 25; made up one of the teams assigned to Urban Element. They filed into a room with their teachers and a business representative to pitch their research proposal.

Lafontaine and Denis won the Ontario College Marketing competition for two years. Garlough also has experience as a salesman. They have been paired together since last semester and understand their group dynamic, but there are other challenges.

“We’re confident but nervous,” said Lafontaine. “We believe our industry experience sets us apart. The biggest challenge would be getting our analytics in line to properly reaffirm our ideas.”

Hill has seen first-hand the opportunities that can come about from networking with these businesses.

“Every year a student or two connects with a client. These are real-life opportunities to form networks,” said Hill.

KATIE DAHL PHOTO

KATIE DAHL

Algonquin students took a trip to the Ottawa Mission Jan. 28 to volunteer their time with help of the organization from Community Projects.

As part of the Student’s Association second volunteer effort of the new year, 11 students gave up their afternoon to give back to the Ottawa community.

They arrived by school bus and upon arrival were introduced to the mission’s manager of media and community relations, Shirley Roy, as well as the coordinator of volunteers, Miriam Paul. The volunteers watched a short video on what the Ottawa Mission is about and what it does for the community they get to work.

With a quick wash of the hands and slightly less enthusiastic placement of hair nets and paper hats the students sorted out the supplies and began building.

Working in assembly-line fashion, the group was able to complete the entire sandwich making in less than the two hours that they were allotted.

“Students appreciate that we provide these types of opportunities for them in the community,” stated Valerie Bowman, student affairs and orientation officer, who organizes the events.

“They allow for students to not only get involved with the community of Ottawa but also build their co-curricular resume.”

With the theme of Super Bowl in mind, deli meat sandwiches and party mix were on the menu, along with Nutella sandwiches for dessert.

“It’s a great way to give back to the community,” said Aga Sikraba, event management student, about her experience as a first-time volunteer.

“Volunteering is a really important part of the college experience,” added Sikraba. Due to her positive experience of the day she has already signed up for a future volunteer event with Community Projects.

February 13, 2014

KATIE DAHL PHOTOS

Gayle Goveas and Stephanie Su bag sandwiches at the Ottawa Mission with Community Projects.

February 13, 2014

KATIE DAHL PHOTOS

Busines marketing students pitch for perfection

Mathieu Denis, Casandra Lafontaine, and Christopher Garlough assigned to Urban Element .

February 13, 2014

KATIE DAHL PHOTO

KATIE DAHL

Giving back to the community
Unleashing incubated talent

JESSE MUNRO

Incubatorfest presented young entrepreneurs with an opportunity to hear a variety of program pitches from Ottawa companies dedicated to the support and growth of start-up business ventures on Jan. 28.

Start-up Garage, Explorium, The Code Factory and Algonquin’s own Applied Research and Innovation Centre pitched incubator programs to students, answered their questions and provided some time to network in the corner lounge of the Student Commons building.

“Incubator programs usually support entrepreneurs in any combination of four roles: funding, mentorship, resources and promotion,” said Alex Mahon, student entrepreneurship co-ordinator at the college and second-year business management and entrepreneurship student.

“Usually students have to apply for these programs, but Incubatorfest turns that idea onto its head; incubators pitch to Algonquin students,” he said. “I want to further develop the entrepreneurial culture at the college. Entrepreneurship is an applied science so we definitely have the environment for it.”

Daniel Arnold and Sam Kelsey, both mechanical engineering students, were particularly excited for the event as they had just started their own business, Delta Engineering, and had recently signed a contract with the National Resource Council.

“It’s a great opportunity for us to network,” said Arnold. “We’re looking for the best option for our next step, we just started so we want to make our business profitable.”

As for support from the college, Arnold said, “It’s certainly there if you look for it. We’ve had some good support.”

Mark Hoddenbagh, executive-in-residence (EIR) and the college’s executive director of applied research and innovation, pitched incubator programs to mark Hoddenbagh.

“The director of Algonquin’s Applied Research and Innovation Centre, Mark Hoddenbagh, says that although he values the ideas of students and entrepreneurs, it’s more important for him to provide students with the problem solving tools required to run a successful business.

“The more students learn before they go out and try to form their own companies, the better,” said Hoddenbagh. “Start-ups aren’t the only answer, we need established companies to be innovative as well and we want to provide that skillset.”

I want as many students as possible to be aware of the resources available, I believe we’re sitting on a goldmine, I just want to unleash all this talent.

Andrew Foti
Executive In Residence

Wayne McIntyre, a professor in Algonquin’s School of Business, brought his first-year class to the event because he believes that entrepreneurship is a quickly growing facet of the economy.

“Tell my students to go and find out what’s trending,” said McIntyre. “They need to find something at the beginning stages and take over.”

As a business owner himself, he knows the difficulties present in the first stages of its creation, “Your dream can become your nightmare pretty quickly. But if you’re willing to work hard it can be so rewarding.”

Superstar prof creates all-star site

ARIELLE FOLLETT

An Algonquin professor’s learning experience has led to worldwide Internet success.

Philip Jones, a professor in the business management and entrepreneurship program, started the website Superstar Professor while on sabbatical in 2011.

After just over a year, the website has garnered 30,000 views from about 160 countries.

The website began as a way of learning how to blog, take video and make unique content.

“I wanted to experience it for myself so that I could teach my students how to use these resources to their maximum potential,” he said.

Jones soon discovered that there were very few resources out there to teach a person how to make a website, but came up with his own.

“This website just truly demonstrates the power of the Internet,” said Jen Monk, a marketing professor who enjoys the site in her spare time.

Phil has a way of capturing students’ phrases, professor experiences and college lifestyle very effectively.

Philip Jones Business management and entrepreneurship professor

Before he started, Jones knew the first thing he had to do was find a focus.

“You have to have a niche,” he said. “If you want to garner an audience that will keep coming back, you have to give them specific content that they won’t find anywhere else.”

Jones researched and found that there were no websites for higher education professors, and decided this would be his focus.

“My website is very fixated towards professors,” he said. “They’re not going to get the humour.”

Superstar Professor has an array of content such as teaching strategies, personal opinions and insights, and funny features to add humour to the work day such as top 10 lists and cartoons.

The amusement section is by far the most popular among visitors.

“The website has a kind of instant empathy,” said Judy Puritt, a business communications professor. “Phil has a way of capturing students’ phrases, professor experiences and college lifestyle very effectively.”

Jones’ website is unique in that all of the content on the website is made by him.

“I just took what I learned and started using it. You really never know what could happen,” Jones said. “At no time in history did people ever have the power to reach out at this scale. It’s all about being a big fish in a small pond.”

Jones’ first goal for the website is to reach 100,000 unique hits, but the ultimate goal is to reach 10,000 hits a month.

“You trading area is the world.”
Tess Porter named Hero of the Game

TAYLOR FONG

The Community Hero of the Game was awarded to Algonquin professor and second-year coordinator of the police foundations program, Tess Porter, for her philanthropic efforts and ability to inspire others to give.

Porter, a graduate with honours of the program she now teaches, also has a degree in Advanced Police Science from Algonquin as well as Conflict Studies from St. Paul’s University.

She says her reason for joining the police force “comes back to giving back.” While working full-time as an officer, she taught part-time and also had various guest speaking spots. Once the opportunity arose to become a full-time professor, Porter believed the choice was easy.

“With teaching, you can help in another way,” she said.

Every year, Tess assemblies her students, current and former, to make Christmas baskets for the Youville Center. The center “helps young single mothers provide a brighter future for themselves and their children,” according to the website. The baskets can include toys, food and gift certificates. Porter has also received the Students’ Association (SA) Faculty Recognition Award, given to professors by students to “show their appreciation to faculty members who, in their opinion, made a significant difference during their stay at Algonquin College.”

Porter said that activities such as the Christmas baskets “always extend to alumni,” however a formal invitation is never needed, as “if I can be a catalyst for someone else to step up and help out, my job has been done.”

The campus is offering three new programs starting this year, including business, hospitality services and office administration-medical office assistant.

Across town there was also the Sohe project which is currently being built by second year advanced housing students.

Tess Porter, a graduate with honours of the program to get them the opportunity and we’re capitalizing on it.”

The open house drew all varieties of people including a group of four young children who were entertained with safety scissors, glue, magic markers and construction paper, provided by Shoots.

Employment Ontario also had a hand in the event. They hosted two booths with representatives for both the Community Employment Services and the Academic Upgrading Smith Falls Centre.

Anne Davis represented Academic Upgrading, a program which exists to help students complete prerequisite courses for either general college or specific program acceptance.

Academic Upgrading also has a grade 12 equivalency program, called the academic and career excellence program.

After an assessment they take part in a free, individualized program to get them the skills they require.

The local flavour remained even there. Davis’ daughter, a senior at Perth and District Collegiate Institute, a local high school, was present to help out with the display.

Enbridge dealt it, students smelled it

IAN BRANMAN

ARIELLE FOLLETT

MAXIMILIAN MOORE

Dozens of classes and thousands of students were herded out of the college into sub-zero temperatures on Feb 6 after a controlled natural gas release near Greenbank and Hunt Club roads prompted fears of a gas leak.

Students and staff started complaining about a smell of gas between 2:30 pm and 2:40 pm in the afternoon.

This sparked more than 100 calls from the school and surrounding community to the Ottawa Fire Department and caused at least one teacher or staff member to pull the fire alarm at the college.

“When I left my room, the smell was overwhelming and I felt like I was going to pass out,” stated Quinton Dunning, from an advanced programming student.

“We could just smell gas, like a natural gas smell. It’s kind of scary. It’s scary anywhere, if it’s in your home, where you work... It could do terrible things. It could blow the place up.”

Even the Loblaw’s across the street from the college was evacuated shortly for precautionary measures. While it didn’t take long for the source of the smell to be identified, it remained for another half hour or more.

The gas event caused interruptions of classes and closures of the Registrar’s Office, Health Services and Counselling Services for the day.

The open house will proceed as planned, unless they were otherwise informed by their professors.

The Community Hero of the Game, Tess Porter, stands in front of her corkboard filled with pictures, letters and greeting cards from former students.

“Give so much of your life to others is exiting and I felt like I was going to pass out,” he said.

The programs on display were the personal support worker program, social service worker program, construction carpentry-advanced housing program, office administrator-executive program, carpentry and joinery-heritage program, and the police foundations program.

Representatives from the other program were also present.

“We’re the two Jobi’s,” said Jobi Beacholtz, a client service officer from the waterfront campus in Pembroke.

She was joined by Joby White, a recruitment officer from the Woodroffe campus.

The campus was offering three new programs starting this year, including business, hospitality services and office administration-medical office assistant.

Across town there was also the Sohe project which is currently being built by second year advanced housing students.

The project will be finished by April, just in time for the campus’ second open house this year.

The program is a team-up with Richard Ellard, who owns the local Home Hardware, that is sponsoring the project. It proceeds according to his design, and “sweat equity,” said Mark Bell, the co-ordinator of the advanced housing program.

“He [Richard Ellard] is providing an educational opportunity and we’re capitalizing on it.”

The students who work on the houses second year do everything, “walls, floors, ceilings,” said Bell.

The houses are intended to be “high-performance, low energy,” said Bell, adding that “some people might call it green. I’m more focused on the energy efficient side of it.”

The open house was a joint effort between faculty and students.

The ECE table was manned by three ECE students, Ashley Steele, Taylor Shoots, and Toni McGregor.

Student ambassadors drifted throughout the area to answer questions.

The open house drew all varieties of people including a group of four young children who were entertained with safety scissors, glue, magic markers and construction paper, provided by Shoots.

Employment Ontario also had a hand in the event. They hosted two booths with representatives for both the Community Employment Services and the Academic Upgrading Smith Falls Centre.

Anne Davis represented Academic Upgrading, a program which exists to help students complete prerequisite courses for either general college or specific program acceptance.

Academic Upgrading also has a grade 12 equivalency program, called the academic and career excellence program.

After an assessment they take part in a free, individualized program to get them the skills they require.

The local flavour remained even there.

Davis’ daughter, a senior at Perth and District Collegiate Institute, a local high school, was present to help out with the display.
Once upon an Algonquin knight

Local armoursmith lets chivalry thrive at Woodroffe campus on Wednesday evenings

CHRISTINE ROY

Bill Fedun’s students affectionately call him the resident dwarf. He has a big beard and the stocky build of one. At the Osgoode Medieval Festival this past summer, he wore a costume with a jaunty cap and carried an elaborately staff which he used to guide the knights onto the battlefield.

If someone wonders why he has such a beard, Fedun’s co-instructor Jeff Greenwood, known Sensei Jeff to his classmates, will grin and say, “Because he used to be military.”

Bill Fedun is the instructor of a sword-fighting class offered at Algonquin. Wednesday night is usually reserved for the advanced class.

Should an armed assailant barge into the classroom and threaten the students, they’d know how to disarm him...and not just with a sword. They’re taught to defend themselves with and without a weapon.

The students also call him Marshal Bill. Fedun will tell you that in medieval times, the marshal was the one who would round up the mounted knights, gather them together and see that they are prepared for battle.

Marshal Bill brings together his own knights under the banner of the Armoured Company of the Sword. Either during a medieval faire or classes that take place on Wednesdays or Saturdays, he prepares them for the day when their own squires—usually students from the basic course Fedun teaches through Algonquin College—help them put on their armour to face other armoured knights in heavy combat.

On Wednesday, Dec. 4, Fedun thanked one of his students after receiving an energy drink. “I’m gonna need it,” he said. He’s not feeling well that evening and Greenwood will be doing most of the teaching for this class. But if Fedun’s there, it’s always a good night.

The students file in and start stretching. Then Fedun asks them to line up. This is the advanced class, with students who have known Bill for only a few months or as far back as 12 years.

Fedun starts the lesson with a small piece of history, explaining to the students a little bit more about the fighting style they use. When he starts talking, everyone stops and listens.

The style of fighting Fedun teaches is based on the style of a fourteenth-century German fencing master called Johannes Liechtenauer. Although there are no proper texts written by Liechtenauer, he is referenced in the writings of several other fencing masters such as Sigmund Schimming ein Ringucker, Peter von Dunzig zum Ingolstadt and Jad Lew.

The European fighting style credited to Liechtenauer consists of six basic forms or moves. Watching Fedun’s students during practice, it’s clear they’ve memorized them during their time in the class.

You’d expect the sounds of striking swords and aggressive charges would fill the air but that’s not the case. The students are firmly instructed to attack with purpose but in a smooth, slow way to avoid injuries during the practice session.

An important lesson is taught from the beginning: learn self-control.

Another lesson has been made into a poem: “One, two, three, four, five, six, seven, treat the dirty tricks.”

Liechtenauer believed that during fencing, you fight a person, not the weapon they hold. Greenwood confirms this.

“If you focus on the person’s weapon, that’s all you see,” he said.

Fedun learned European fencing when he started participating in the heavy combat mock battles organized by the Society for Creative Anachronism. They’re designated “heavy” to distinguish them as a different fighting style. Rapier fencing, archery and other branches of mock combat are organized by the SCA.

An advantage Fedun had for participating in the mock battles came from his skills as an armoursmith. He can build a complete suit of heavy armour in his own blacksmith shop and the armour itself is essential for going up against the SCA.

“It’s the only way to beat those guys,” he said.

Fedun’s career as an armoursmith started quite early. Born in Moosejaw, Sask. in 1956, he was always interested in armour, starting as a hobby of making chainmail. Over the years, he started making full suits of plate armour without any formal training.

“It’s all very straightforward stuff,” he said.

While in the military, Fedun was an aircraft repairman. The technology used for that job lacked a definite straight-forwardness and required continuous training in order to be up to date. He never realized the technology required for those repairs. It made Fedun realize that this life wasn’t for him.

After 19 years in the military, Fedun retired and started his own company, the South Tower Armouring Guild. It wasn’t long before he decided he wanted to teach sword fighting as well. His wife Brenda supported it completely and helps with the administrative side of his course.

The couple has known each other for over 40 years, ever since high school. Brenda knows this, too.

“The class has done wonders for my self-confidence,” Roy’s sparring partner, Stephanie Matthews, joined the Armoured Company of the Sword this past summer. The class appealed to her due to the fact that she’s a history student at heart and Fedun has plenty to say about history of medieval times.

Watching the students, it’s very clear that this is more than just going through the paces, it’s a workout in itself.

“I learned a lot personally about self-control of my own body,” Matthews said.

As the two women go back to practicing, it’s clear they’re comfortable with each other and it’s apparent in all the students that trust has been established between them.

Fencing is one of those things where you use a weapon to defend yourself but I don’t feel you need a weapon,” he explained. “You have six minutes to learn how to get away from this guy. It’s not so much self-defence as standing your ground.

Dominique Roy has been taking the class for almost a year and during that time, she’s learned exactly that.

“When we learn disarm techniques, we learn with and without swords. We also learn where to hit and why,” she said.

Now an advanced student, she’s proud of what she’s learned under Fedun’s guidance.

He gets a real emotional high out of teaching. It’s just what he does, he just loves it.

Brenda Fedun
Bill Fedun’s wife

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“I learned a lot personally about self-control of my own body,” Matthews said.

As the two women go back to practicing, it’s clear they’re comfortable with each other and it’s apparent in all the students that trust has been established between them. Fedun wouldn’t have it any other way.

The class goes over fighting with one-handed swords, two-handed swords and one-handed swords with a shield.

Jason Russell is dual-wielding, a one-handed practice sword in one hand and a dagger in the other. He’s been taking the class for almost six years and at his first session, it didn’t take 15 minutes before Fedun started talking to him.

“I changed my life,” Russell said about Fedun’s guidance. “I came into this course in a bad period of my life. I needed something to focus on, to control my anger.”

The level of self-control needed to make certain your opponent feels safe is inspiring. The occasional accident does happen but the students watch out for each other, offering to share safety glasses or dig out an extra pair of gloves for their classmates.

It’s no wonder Fedun considers them his knights. Apparently, chivalry is not dead.

Near the end of the class, all the students form a circle, placing Sensei Jeff at its center. The students are assigned a number and Sensei Jeff asks Marshal Bill to call them out at random. When their number is called, each student must attack the person at the center and allow them to defend and counterattack.

Some of the students have never done this exercise before but it’s clear they enjoy it. Quiet instructions are given to the person in the center by teachers and students alike.

And that’s exactly what Marshal Bill wants.

Sensei Jeff joined the Armoured Company of the Sword over 10 years ago. He’s also the Company’s kenjutsu instructor, teaching Japense swordsmanship alongside the European fighting style.

Marshal Bill isn’t just teaching his students how to fight. He’s also teaching them how to teach what they learn.

Sensei Jeff took the lead for this class, letting Marshal Bill observe and occasionally assist in the lessons.

On another day, when he’s feeling better, Marshall Bill will stand as main instructor but it’s clear that the knowledge he passes on won’t be lost or set aside.

The advanced students and their fighting skills are Marshal Bill’s knights and his legacy to the community. Brenda knows this, too.

“When we had our Great Pumpkin Massacre a couple of weeks ago and a whole group of 70 people turned out to the dinner afterwards, laughing, joking and carrying on...for the most part, we’re like-minded people and that’s an incredible legacy.”

Fedun, the Marshal of the Armoured Company of the Sword, isn’t just their resident dwarf: a bearded armoursmith who can fight. He’s a knight at heart as well, charming and irresistible when, instead of a handshake, he kisses the back of a woman’s hand when they part ways.
Bylaw aims at area landlords

NICHOLAS HODGE

A bylaw that College Ward councillor Rick Chiarelli plans to propose could put new limits on boarding houses near Algonquin. The bylaw is in response to regular complaints from neighbours and noise violations.

The bylaw will apply a tight perimeter around the college and target houses that are being illegally converted to rooming bylaw accountable and may restrict how they rent out their space in the future.

“Are you a number of illegal boarding houses attempting to operate,” said Chiarelli. “If this passes we would be setting up a regime to make sure people are not operating illegal boarding houses and ensure safety where people are renting out their rooms.” The bylaw will also introduce a new licensing system for properties with rooms being rented out. There will be inspections into the fire safety, maintenance and parking plan of the properties.

An information session was held at the college on Dec. 4 where many home owners from the Algonquin area complained about student behaviour around their properties.

“We have a handful of houses that account for about 80 per cent of complaints,” said Chiarelli.

Caoimhim Kennedy, an Algonquin engineering construction student, has been looking to legally sublet a room in his house. He is concerned that the bylaw will do more to punish landlords than the tenants that are generating complaints.

“I find it’s a bad thing,” said Kennedy about the bylaw. “Now I’m liable for what my tenants do.”

Rooming houses are currently allowed on Woodroffe Ave, Baseline Rd and Meadowlands Dr. The bylaw has not been presented yet so it is liable to change.

Before it is implemented, Chiarelli plans on having another information session.

“As soon as we know what the actual bylaw is, then we’ll have another session, in the coming months,” said Chiarelli.

Library calls it like it is

DEVIN ORSINI

The Learning Resource Centre has recently changed its name officially to the Library, so as to eliminate confusion among students.

Finding the Centre can be difficult, especially when students don’t know where or exactly what it is. What most students didn’t know, was the area that we know as the Library was officially called the LRC, until recently.

Every year in the Library’s monthly meetings, the topic of changing the name seemed to surface, and finally this year it was approved.

“This year it was pushed. We’re also looking to revamp and change the look of the Library as well,” said Amy Simpson, library technician.

And while it took some time to make that decision, it doesn’t seem to have made much of a difference to average students.

“I honestly didn’t know about the change, I’ve never heard anyone call it the LRC,” said Shokhrakh Shamukimov, a student in the business – accounting program.

“I didn’t know about the change, it has always been the library to me,” said Hardeep Singh, a student in the computer systems technician program.

Even the employees in the Library wanted the change, which everyone eventually agreed to.

“‘In the end it made sense, because people simply couldn’t find it,” said Simpson.

Signs have been changed and tweets have been sent, but students still haven’t noticed the switch.

Depending on funding, the Library is also looking to make other changes as well, to the layout and overall services they have to offer.

Survey results indicate high student satisfaction

MAT LABRANCHE

Students of the college have been administered Key Performance Indicators, a set of surveys mandated by the provincial government to collect and report performance data on colleges within the province.

“I’d say the main purpose is to determine overall student satisfaction with the college, said chair of general arts and science, Sherryl Fraser, who handles the communication aspects of the KPI. “It is a very serious survey at Algonquin. Of all surveys administered to students at the college, this is one of the most important.”

Another objective of the surveys is to ensure that the public has relevant and reliable information regarding the province’s colleges. This is to provide students with necessities in choosing future studies.

Students who avoid the surveys are only hurting themselves. While the information is utilized by the government, it is also a useful eye-opener to colleges, as it gives them a foundation for improvement.

“For a number of years, students were dissatisfied with a lot of the facilities within Algonquin College. Then last year we had a marked improvement, as our percentile went up dramatically,” said Fraser. “That is based on the KPI results. For example, we now have the ACCE building and the Student Commons (because of the results). So the surveys really are looked at and addressed.”

While the results won’t come back until the summer, Fraser is still looking forward to them.

“Last year, Algonquin College was ranked No. 1 amongst large colleges, so we are absolutely looking to maintain that this year.”

Survey results indicate high student satisfaction
Encourage volunteerism for credit

MYRIAH SAULNIER

The co-curricular record program is in its second year and close to 1,800 students are profiting from its use, yet still more than half of the student body are failing to reap the benefits.

The co-curricular record is an official college document that tracks a student’s college-affiliated leadership and volunteer involvement. It’s an online database system where students can go in and choose activities that they want to volunteer for or if they have already participated in something, add it to their record.

“It’s a great tracking tool for students who volunteer because it stays on the record permanently and is available online, so you can still access it from any country or any part of the world that has internet access,” explains program coordinator Rebecca Sun.

The program directly benefits students by helping them stand out in their particular field and can complement a resume, scholarship or any type of application where they want to highlight their skills outside of the classroom.

“Healing in police foundations, I need to show recruiters the skill value I have gained by volunteering,” said Chris Brown, a second-year police foundations student. “This is a great way to have a record permanently and is available online, so you can still access it from any country or any part of the world that has internet access,” explains program coordinator Rebecca Sun.

Perth and Pembroke campuses have joined this year to offer the Co-Curricular program as well.

Now, all a student has to do is login to their ACIS account, select MyCareerZone and then the CCR Tab at the top of the page. From here, the student can search for activities or organizers’ contact information, add activities to their profile that have been completed, request to add a new activity to the CCR database and even print out a copy of their CCR.

The college is also restructuring the co-curricular record to make it easier for students to access it online rather than go through a program coordinator.

Coordinator Rebecca Sun and Chris Brown encourage students to reach out to community organizations to gain volunteer credit.

Filling in the missing gaps with travel

Global studies program allows students to take time off from a post-secondary to engage in international travelling for a year

SAMANTHA LONG

The only gap year program in Ontario that is not run by the college last year will be re-opening in the fall of 2014.

Algonquin’s global studies gap year program provides students the opportunity to take an intermittent year off from a specific program while still attending college classes and engaging in international travel, all while earning a college certificate.

Initially the gap year ran for about $6,500 per semester which is almost double the average cost of most programs at the college.

However, in coming fall semester the college has changed the community service the trip from Kenya to Arizona, shaving nearly $2,000 off the tuition price. Although the airfare and living expenses are included in the tuition cost, the college is hoping the cheaper tuition will attract more people to the program.

“This program could be for anyone of any age really or anyone who doesn’t know what they want to do,” said Gabrielle Killeen, a second-year museum studies student and former gap year graduate. “It was just a lot of fun, a chance to relax for a year instead of work, work, work.”

The college is also restructuring the courses to eliminate the unrelated courses they had initially required.

It was just a lot of fun, a chance to relax for a year instead of work, work, work

Gabrielle Killeen
Gap-year graduate

Killeen agreed the program needed restructuring due to the fact she was had to take a six-week Spanish class which had no benefit to her community mission trip in Kenya.

Initially the college had planned to send students to South America for travel as part of the program although when the changed the class trip to Kenya, they failed to remove the Spanish course.

One of the highlights of Killeen’s trip to Kenya was building a library for a local school and being able to play with the children they were helping with for two hours a day.

With the re-launch of the program in the fall of 2014 global studies coordinator, Lorie Hadley expresses the advantages of the program.

“You’re learning about all the resources available to students and you’re learning how to utilize them,” said Hadley.

“It’s really just a starting step to that educational pathway.”
Dr. Jennifer Messer, director of the City of Ottawa’s Spay/Neuter Clinic, performs a pre-operation exam on Poe O’Connor before he is admitted to surgery. Messer supervises Algonquin students during their rotational placements at the clinic.

“Most of the time, the client has a good reaction because I wasn’t being graded for it, I was able to actually place the catheter and endotracheal tubes whereas I was nervous my first time at school,” said Emslie. “I was happy being in the field, knowing this is definitely what I want to do.”

However, the new setting wasn’t the only difference from the classroom. There was now the added challenge of meeting a concerned public’s expectations. “Most of the time, the client has a good reaction because we let them know the students aren’t doing anything they aren’t supposed to be doing,” said McLean. “That’s usually where an owner may be a little bit worried because their pet is like their child.”

One of the morning’s first clients, Kimberly O’Connor, was filling out the paperwork for her two cats, Max and Poe, when she was informed that students would be sitting in on her cats’ surgeries.

“I know Algonquin is taught hands-on and that is what I saw here with the students helping out and working alongside the vet,” O’Connor said. “I actually feel more safe.”

O’Connor said she chose to bring her cats to the city’s clinic because they operate at a reduced fee. As a revenue-neutral program, the facility’s costs are recovered through the fees clients pay. Messer says the lower price does not compromise the level of treatment.

She is proud the clinic is now associated as an instructional medical institution because it speaks to the quality of the care patients receive.

“The college’s welfare committee came through here to inspect us and they were thoroughly impressed with the pain control and animal protocols,” said Messer. “I won’t hesitate to toot my own horn about that.”

But the professional environment and higher stakes didn’t seem to bother Emslie. Despite the intensity, she performed her skills correctly and without issue.

“I was nervous at first because I didn’t know what to expect,” she said. “But once I actually started doing the procedure, I gained a lot more confidence.”

Lisa Langton, coordinator of both the veterinary technician and assistant programs, agrees. She says students like Emslie have created a foundation for themselves, a vital ingredient for future career success.

“For students to go out, in a new facility where they don’t know anybody and perform these skills with confidence and efficiency while impressing this new group of professionals,” Langton said. “‘I’d like to think the students can walk away being proud of what they have done and recognize that they can do it.’

DO YOU KNOW AN OUTSTANDING PROFESSOR?

NOMINATE THEM FOR A CAPITAL EDUCATORS’ AWARD.

DEADLINE FOR NOMINATION
FEBRUARY 28, 2014
4:00PM
Cafeteria serves local foods

TYLER LABONTE

“Ten years before local was cool I was advertising that I was local,” said Bob Mitchell, the owner of SunTech Greenhouses, a small tomato greenhouse operation in Manotick.

Behind his small office are the three greenhouses: hot, humid buildings which are extremely clean and free of insects except for the bees kept in a box for pollination. Yet he said customers will still come in and ask, “Are these tomatoes local?”

His company is one of many local growers selling to Algonquin, which is taking “buy local” very seriously. Local foods make up 40 per cent annually of food services’ consumption, said Algonquin’s executive chef, Russell Weir.

Algonquin also gets food from a source as local as they come. The horticultural industries program grows food that is used by food services. A first-year in the program, Cassandra Schalo, harvested vegetables in the fall.

“It makes me feel more in tune with the school and it makes me feel like I’m providing a healthy meal to those who may choose junk food all the time.”

Weir is a key supporter of Algonquin’s local food movement which has supported Savour Ottawa in getting the City of Ottawa’s approval for a distribution hub for local food.

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He is in touch with local buyers to source his food, he said, with environmental protection and the health of students in mind. In addressing the healthiness of local food, he highlighted a problem with industrial tomatoes.

The tomatoes ripen on the back of the trucks carrying them to climate controlled warehouses. After ripening, trucks carrying them must be full to make a profit, he said, so they make many stops.

“As the back of the truck is pulled up and people are loading things on and off the truck, the truck is still running. Diesel fuel is filling up that cavity and all the product that’s in there is sucking up diesel fuel.”

Compounding that problem are holes in the regulation of companies that want to produce cheap commodities. He pointed to the case of 33 people dying of a listeria outbreak traced to the cantaloupes of Jensen Farms in Colorado.

“They passed their food safety audit with flying colours,” he said. “They won’t do any jail time. And they actually didn’t do anything wrong.”

SunTech Greenhouses passed their Canadian Food Inspection Agency audit with an impressive score of 98 per cent for doing what they were already doing, he said.

Furthermore, he said the biggest boost to “buy local” was a mass recall of American eggs after a salmonella outbreak in 2010.

“Everybody said that the guy with 150 chickens -- his eggs were good,” he said.

Students exercising in residence

DYLAN CONWAY-HARTWICK

Algonquin students living in residence will now have free unlimited access to a brand new fitness room that officially opened its doors on fourth-floor Rosser house Jan. 19.

The room gives students access to a variety of weights, mats, exercise balls, dumbbells and kettle bells, and it also promises to host many activities aimed at getting students moving.

Located on the residence building’s Health and Wellness recreation floor, it brings a convenient place for any students to take part in any kind of workout they want, no matter what that may be.

“It just gives students a free space to let them do their own workouts, anything from lifting weights, to doing yoga or even the insanity workout on DVDs. It is meant as a supplement to going to the school gym, a place where you don’t have to stick to the traditional forms of working out,” stated Residence Life advisor Anna ten Brinke.

Students who access the room have already started to make their own workouts; some have even posted their personal training schedules up on a Bristol board for others to see.

“It brings new ideas to other students,” stated ten Brinke. “We had a fitness room on residence last year, but it was more machine-based, so over the summer we decided to revamp it.

“We wanted to step away from rigid workouts and create a space where students can explore what fitness really means to them, because not everyone views fitness as just ‘working out.’”

Two fourth-floor Residence Advisors, Sara Charbonneau and Steven Gutknecht, oversee the room and hope to organize a variety of fun fitness activities there to keep students active and get students from across rez joining in.

“We want to set up some times that other people will be there to help students out, just to give everyone the initiative to use the room, meet new people and work together. It helps to build community,” stated Charbonneau.

Charbonneau also helped to build a fitness curriculum for new-comers, along with the help of a fitness and health promotions student. She also likes to encourage students from every floor to bring their own ideas up to the room and do their own thing.

“I saw some students in there the other day dancing and it made me happy,” she stated. “It’s good to know that they can go there and feel comfortable to do whatever they want.”
Going for gold over Olympics

Woodroffe campus tunes in on all screens to cover the 2014 Winter Olympics

PETER ASHKAR

Students looking for a place to watch the Winter Olympics need look no further than Algonquin’s Marketplace Food Court in D building. In a collaboration between Coca-Cola, Student Support Services, Food Services, Connections, and the Information Technology Services (ITS), Olympic coverage will run Feb 10 to 21, the video streams from the CBC website running from 9 a.m. to 7 p.m. Monday through Friday.

The Marketplace Food Court will be partially transformed into Algonquin’s Olympic Headquarters. There will be three televisions, the main screen will showcase Team Canada when competing, and the other two screens will stream various other matches and events.

“There will be giveaways throughout the two weeks. There will be prizes, contests, and fun things to create some excitement around the event,” said Mara Lowrey, assistant manager, ancillary marketing and card programs.

As most students withdraw from that weekend, a group of four Algonquin students are presently in Sochi volunteering for the Games and blogging about their experiences abroad for their Sports and Business Management Program (SBM); their Blog, SBM Sochi Olympics 2014 has daily entries by all four students. The students, volunteering at the Canadian Olympic House are Lisa MCCann, 23, Stacey Hull, 24, and Doug Best, 24, while Makaila Martin, 23, is assigned to volunteer at the Main Press Centre. Martin, a linguist, was not originally scheduled to go to Sochi, but when the Olympic committee spokesperson learned she is fluent in seven languages, a fourth position was created. All of the students chosen are qualified in their own right having accrued high marks to be eligible to volunteer.

As of their current blog entry, posted Feb 3, the SBM students are being put to work, traveling up the mountain where events like the snowboard half pipe, bobslde, luge, and skeleton will take place, while Martin was tasked with internning at the CBC working on documents pertaining to the opening ceremonies for the French-speaking Radio Canada broadcast. With all last minute details begin put in order, everything should go off smoothly.

Bursary band brings boogie

Silent auction raises money for $500 general arts and science student bursaries

ARIELLE FOLLETT

Crowds of college faculty were up on their feet, dancing the night away at Algonquin’s Big Hit Bursary Dance on Feb. 8 at Greenfields Pub in Barhaven.

The night consisted of a delicious buffet dinner served by the restaurant as well as musical performances by introduction to music industry arts coordinator Lou Di-Millo’s band, the Wise Guys, and headliner, multi-platinum recording artist Les Emmerson and his band, the Groove Junkies.

All proceeds went towards $500 bursaries for students in the general arts and science certificate programs.

Tickets for the night were $40 for the dinner and show or $20 for just the show.

Tina Vold, a professor in the general arts and science program, was happy to spend the night out with her colleagues, “doing something fun and also helpful for students.”

This is the fourth year that Food Services will be promoting “giveaways, activities, and meal specials,” including finger foods and sampler platters, with a “breakfast of champions” offered in the mornings. Students on campus during reading week will be able to enjoy free hot chocolate courtesy of Food Services, running Feb 18 to 21.

The lounge isn’t the only place on campus to catch coverage of the Games, the Observatory, Student commons, and Connections will all have the Winter Games streaming.

Connections will also carry a selection of Team Canada merchandise.

As most students withdraw from that weekend, a group of four Algonquin students are presently in Sochi volunteering for the Games and blogging about their experiences abroad for their Sports and Business Management Program (SBM); their Blog, SBM Sochi Olympics 2014 has daily entries by all four students. The students, volunteering at the Canadian Olympic House are Lisa MCCann, 23, Stacey Hull, 24, and Doug Best, 24, while Makaila Martin, 23, is assigned to volunteer at the Main Press Centre. Martin, a linguist, was not originally scheduled to go to Sochi, but when the Olympic committee spokesperson learned she is fluent in seven languages, a fourth position was created. All of the students chosen are qualified in their own right having accrued high marks to be eligible to volunteer.

As of their current blog entry, posted Feb 3, the SBM students are being put to work, traveling up the mountain where events like the snowboard half pipe, bobslde, luge, and skeleton will take place, while Martin was tasked with internning at the CBC working on documents pertaining to the opening ceremonies for the French-speaking Radio Canada broadcast. With all last minute details begin put in order, everything should go off smoothly.

She turned out to be exactly right.

The estimate of money made by the end of the night was about $5,000.

However, the majority of proceeds came from the silent auction which raised approximately $4,000 by the end of the night.

The silent auction consisted of a variety of items such as Ottawa Senators tickets; a private tour of the Bell Media building led by sports director and emcee for the night, Terry Marcotte; a myriad of gift cards and an iPad Mini.

The most coveted item in the silent auction was a guitar donated and signed by Tom Cochrane which was sold for $700, making it the highest-selling item of the night.

Wayne McIntyre, part-time professor in the School of Business, has been attending the event since the beginning and is happy with the progress it has made throughout the years.

“We can’t fill much more than we have now,” he said with a smile.

The night wouldn’t have been the success it turned out to be without Emmerson’s easy-going stage presence and mood-setting classic rock jams.

After a quick acoustic set, involving just Emmerson and his guitar, he called the Groove Junkies to the stage.

“Probably having one more quick beer,” Emmerson said with a laugh while waiting for the band. “That’s my boys.”

Emmerson invited guests to sing along as the set went on, a request which people happily agreed to as they danced.

“We’re going to need all the help we can get,” he joked.

“That’s going to become obvious.”

This is Emmerson’s second year performing for the dance, a cause he is happy to support.

“Music is being dropped out of a lot of schools and it’s sad,” said Emmerson. “It’s not a shame to do something you love.”
Algonquin students provide mentorship during a program funded by research grants.

Two Algonquin students have put together a program pairing college and high school students to create instructional videos for The Ottawa Hospital, as part of a program to improve patient safety.

The 10-week FlashForward program pairs students from five high schools with mentors from the advertising and broadcasting programs at the college to guide them. It was developed by Kaitlyn Roberts, a third-year advertising student, and Maria Heyes, a graduate of the broadcasting program, although she continues to run the FlashForward program.

The videos are about a specific aspect of patient safety, anything from proper hand washing to visitor care.

“We understand the topics aren’t the most exciting things in the world, but we encourage them to get creative,” said Heyes. The high school students have regular meetings with the clients for whom they are designing videos.

Peers teaching peers is ongoing around the world so we thought we’d give it a go.

Kevin Holmes
Project manager

The planning for the program began in the summer of 2013. The Ottawa Hospital had a research grant to improve patient safety, and a condition of the grant was that it had to involve youth. “Basically a com-tech with no teachers, no homework, no tests,” said Roberts.

At the moment, the two are searching for sponsors. A gala is planned for the end of the program in the Algonquin Commons Theatre, and they would like prizes and plaques for the winners.

“We’re really excited and obviously very nervous,” said Roberts. The program is intended to run for a number of years. Some of the things the students will learn include storyboarding, scripting and editing.

“We’re teaching peers is ongoing around the world so we thought we’d give it a go,” said Kevin Holmes, project manager for Community and Health, who first suggested the idea to Roberts and Heyes.

Incidents of data privacy and security breaches are spiking as criminals exploit network weaknesses are getting more sophisticated.

“It is a constant threat, with a lot of valuable information at stake, it’s a money grab,” said Robert Turner, member of the ITS data privacy team. “It’s never going to go away, the bad guys are getting more sophisticated.”

The college is always taking steps towards protecting our data. Algonquin is compliant with both Payment Card Industry and Data Security Standards and credit card regulations. Algonquin meets both standards and ensures our credit card information is safe, no matter where it’s used inside the college.

Tens of millions of people, if not more, are affected every year when data is compromised.

“Numbers are growing,” said Karen Murphy, ITS project manager. “It’s getting worse; look at any statistics, the graph is growing higher.”

“It’s getting worse because of the way data is being transferred, the ease of information,” said Turner.

To stay informed, all staff and students are encouraged to read the privacy policy featured on most pages on the college’s website, which explains how our data is stored and used.

“Algonquin College is committed to protecting the privacy of your personal information,” said Heather Murphy ITS business analyst, as it says on the first line of the privacy policy. Algonquin hosted its first Data Privacy Day on Jan. 28 in the cafeteria, officially marking the beginning of Data Privacy Month, an international event recognized among businesses and institutions.

International Data Privacy Day encourages institutions to hold events to inform people about data privacy and the constant threat they potentially face.

“The great thing about Data Privacy Day, is it’s making the general public aware of privacy issues,” said Heather. “It’s our shared responsibility to understand the role we can play to protect our personal information.”

There is no doubt that Algonquin is constantly under attack, but thanks to its data privacy team, any potential threats have been unsuccessful.

“There’s a lot of room to grow, awareness is key,” said Karen. “We are always looking to tighten things up in the network.”

Advertising student Kaitlyn Roberts and television graduate Maria Hayes mentor high school students through the FlashForward program. The program takes place at the Ottawa Hospital over 10 weeks.

Algonquin will be launching a new program called performing arts in the spring of 2014 which will be added to a list of programs offered in the School of Media and Design.

The new program will earn students an Ontario College Certificate within one year which is equal to 23 condensed weeks of study.

It will allow for budding artists to hone their skills in vocal work, movement, spoken word, comedy, theatre and music.

“They could be puppeteers, they could be absolutely anything,” stated Cath Kenney, program coordinator and developer in regards to future students.

Students who enroll will be able to “explore their art form and work together toward creating live and digital performances,” Kenney added.

Put together by an advisory committee, Kenney has been thrilled with the support from the not only the college but the members of the Media and Design school.

Students will be given an introduction to everything from auditioning to on-camera work. The goal is to offer a wide variety of content to attract all different performers. The variety is designed to push those who consider themselves drummers to try dance, or vice versa. They could perform on a stage, or in a hallway. This will help with confidence building that will translate later to the job search process. The communication class helps with the business side of things which will provide and idea of where to go next.

With the addition of this program the school of media gains more diversity with its currently offered degree and diploma programs.

The program provides opportunities to slam poets or stand-up comedians a place to learn the skills they require.

Kenney hopes that every student will be celebrated and helped along the way to a goal of achieving their first gigs.

Robert Turner of the ITS data privacy team and Karen Murphy, ITS project manager, hosting the Data Privacy Day Event, Jan. 28.

Katie Dahl

KATIE DAHL

CONNOR LYNCH PHOTO

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Voicing opinions over U-Pass issues

NICHOLAS HODGE

The Students’ Association held a transporta-
tion information session on Jan. 30 where stu-
dents were able to ask questions and voice their
opinions regarding the U-Pass issue.

This session was the last in a series of three
that took place over the week and had the high-

est turnout. The previous two saw low num-
bers, particularly at the session that took place
over the weekend.

SA vice-president Krisha Stanton spoke and
then took questions from attendants.

The SA is currently exploring the idea of us-
ing two student referendums to decide whether
the U-Pass will be implemented at Algonquin.
The U-Pass is an OC Transpo pass that is paid
for with a raise in the tuition of full-time stu-
dents.

If referendums take place, the first would
most likely happen in Nov. 2014.

“The time between now and the referendum
date is to allow students to get informed,” said
Stanton. “To allow people who want to push
for the U-Pass to create [their own] campaign.”

Those that oppose U-Pass implementation
are concerned that since there is no current op-
tion to opt out of the tuition of full-time stu-
dents.

“If referendums take place, the first would
most likely happen in Nov. 2014.”

The SA had sent demographics before the
information sessions in an email to the student
reps that stated where students live in relation
to the campus. According to the demographics,
49 per cent of students live more than five ki-
lometres away from the campus while 51 per
cent of students either live within five kilomet-
res of the campus, are in weekend programs or
live in areas without OC Transpo routes.

These demographics, which were later
relinquished publicly, do not necessarily indi-
cate what percentage of students ride the bus
regularly.

A free bus pass through the CNIB, a national
organization that supports individuals suffering
from vision loss. She would like the option to
opt out of the U-Pass tuition fees.

“I do have classmates in my program that
come from Orleans or come from Kanata. I
could see it benefiting them. But in my cir-
cumstance, it wouldn’t,” said Kilby-Colas to
Stanton. “So, I’m hoping you guys can get the
opt-out.”

Melissa Lalonde, the class rep for the com-
puter systems technician class, suggested that
an online survey be held to clarify how many
students take the bus.

“A lot of my course people don’t know
whether they would decide on choosing yes
or no for the pass, because they don’t know
how many, percentage-wise, students would

Students’ Association vice-president Krisha Stanton responds to questions at the information session. It saw a higher turn out than both previous meetings.

February 13, 2014

Scrumming for the first time

Radio students spend time interviewing the mayor

PATRICK LONGCHAMPS

Students in the radio broad-
casting program were taught
the skill of scrumming when
mayor Jim Watson came to
the T-building on Feb. 6.

Watson gave a speech on
the importance of both jour-
nalism and radio. Two groups
of 20 students in the program
were given a chance to spend
five minutes asking questions.

“In many ways, we sort of
relly on one an other. Politici-
ans need journalists to get
the story out about what we’re
trying to do during election
campaigns and journalists
need politicians because we
often make the news,” said
Watson. “This has become

a free bus pass through the CNIB, a national
organization that supports individuals suffering
from vision loss. She would like the option to
opt out of the U-Pass tuition fees.

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come from Orleans or come from Kanata. I
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students take the bus.

“A lot of my course people don’t know
whether they would decide on choosing yes
or no for the pass, because they don’t know
how many, percentage-wise, students would take the bus,” said Lalonde. “A lot of people
are saying they wouldn’t vote yes for a U-Pass
unless there were 70 per cent or more students
that do take the bus.”

The SA had sent demographics before the
information sessions in an email to the student
reps that stated where students live in relation
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These demographics, which were later
released publicly, do not necessarily indic-
cate what percentage of students ride the bus
regularly.

Coordinator of the radio broadcasting program Dan Pilhainen and Mayor Jim
Watson. Pilhainen put Watson through a scrum by the radio broadcasting stu-
dents.

Supplies help Dominican

ALEXANDRA MASCATO

The Students’ Association
and residence life teamed to-
gether to provide an oppor-
tunity to donate resources in
a supply drive at Algonquin
College to help benefit the Al-
ternative Spring Break.

“You’re learning not
only about the
world around
you, but during
this experience
you’re learning
about yourself,”
Mike Kokich
Outreach coordinator

The Alternative Spring
Break is an international ex-
perience unlike any other for
students to help bring educa-
tion and a noticeable differ-
ence to a Dominican commu-
nity.

With the help of supplies
from the drive such as food,
sports equipment, notebooks,
and household items that will
be able to expand the chil-
dren’s learning opportunities.

A big focus for the edu-
cational aspect of the trip is
Teaching English to the com-
munity with extra help from
some of the supplies.

“English is a really big tool
for them to get out of pov-
erty and to work in resorts for
example,” said Steve March-
ment, residence life coordina-
tor.

“The supply drive is a piece
to the puzzle,” said Mike Ko-
kich, Outreach coordinator,
who will be taking part in this
event for the first time.

He doesn’t doubt this expe-
rience will bring many other
opportunities to further the
learning experience into an
interactive journey. It goes
deeper than education in a
classroom.

“You’re learning not
only about the world around
you, but during this experi-
ence you’re learning about
yourself,” he said during the
interview.
innovations

3D printing tech zaps college

MAXIMILIAN MOORE

Design and engineering programs at the college are expecting a major change in the way they use the college’s $60,000 3D printers.

Nicholas Haddad, an employee of the college Print Shop, oversees the 3D printers purchased by college ancillary services and sponsored by the Natural Sciences and Engineering Research Council of Canada (NSERC).

“Our goal is to make this available to anyone who can use it to learn and to prototype whether it’s science-based for fun-based,” Haddad said.

The new way for learning in a design or engineering program with 3D printers were what impressed Haddad most. Students in the graphic design program create fonts using computer-assisted design (CAD) software. These fonts can be printed out and examined or added into a portfolio.

“We have great relationships with graphic design, game development and applied research programs and we’re looking to expand our reach in the school,” Haddad said.

3D printing is currently available in other Canadian post-secondary schools, including Sheridan College. It is also increasing in popularity in some high schools, according to 20/20 Magazine.

Game development professor Gerry Paquette appreciates the process he puts students through to create video and board games.

“Any 3D asset they design, they can print out for display at a game expo so people can see the game. It’s promotional,” Paquette said. “It’s satisfying to hold something you’ve spent so much time on.”

Students in their first-year game development course created a board game.

“Before 3D printing, the kids couldn’t create their own 3D models to test with or examine,” Paquette said. “But now if they do want to create their own aspects in the game like stairs or other pieces, they can do that.”

The printers use models generated using CAD software or models scanned with a cellphone camera and slice the image into thousands of pieces, miniscule in length. The printer creates a solid object by extruding layers of solidified plastic on top of each other.

“There’s a huge push for new 3D printers all the time, look at campaigns on Kickstarter or Indiegogo. There are people making them do newer and better things with advanced capabilities,” said Haddad.

“There’s even a new one that prints carbon fiber models.”

There are two printers at the college available to students as of now, the larger and more advanced printer is made by Stratasys and the smaller one, MakerBot.

“It makes the digital world tangible,” said Patrick O’Shaughnessy, co-founder of Cirri Co., a 3D-scanning software company in Ottawa. O’Shaughnessy started marketing 3D technology in 2007. “From a professional perspective, you’re teaching a skill that will have widespread adoption throughout the business world. It gets companies to market new ideas quicker. The speed of the adoption of new ideas is increased.”

Wohlers Associates, a consulting firm in Colorado, projects the 3D printing industry to be worth $6 billion worldwide by 2017. Here Nick Haddad calibrates Algonquin’s smaller 3D printer.

MAXIMILIAN MOORE PHOTO

LAURENT ISABELLE
AWARD 2014

SUBMISSION DEADLINE
MARCH 28, 2014

HAVE A PROFESSOR THAT SHOULD BE RECOGNIZED?

The Laurent Isabelle Award was established to recognize excellence in teaching. This prestigious award is given to a professor who has consistently demonstrated excellence in teaching, contributed to student success, and fostered growth of their colleagues. Both excellence and innovation in teaching are criterion for this award. The award of $500, derived from a donation by the former president, Dr. Laurent Isabelle, is to be presented at the Convocation Ceremony.

The Entry Form is available on the Algonquin College Website Staff and Blackboard or through Nancy Tremblay at trembln@algonquincollege.com or ext. 7703.
Students take on game challenge

DAN TACCONE

Completing the design, testing and successful operation of a project with a two-day deadline may sound like a student’s worst nightmare. But for 35 Algonquin game development students, it was a welcome challenge.

The event, held on Jan. 24 to 26, called Global Game Jam (GGJ), encouraged people to come together and design, create, test and develop a video game in only two days, while also following the rules and prescribed theme.

Starting Friday and ending Sunday at 5 p.m., there were 80 members including 35 students, competing in 15 teams for first prize.

The judges were from the game development company Dirty Rectangles, which includes Algonquin alumni and some current professors, like Derek Ledoux and Eric McQuiggin.

The GGJ occurs simultaneously in over 450 locations, in 73 countries.

The best student wins a round of interviews with Magmic, a mobile game development company based out of Ottawa.

Algonquin winners included Palanquin (which also won third for Best in Show) by Jean-François Viemeau and Erik Uggefeldt, a game where up to three players work together to navigate themselves across the map without falling off the edge or being swarmed by enemies.

Tied for first with Palanquin, Windmill by Derek Grant, Ethan Elliot, Martin Palko, Jordan Palmer, Byron Mayne, and Wilhelm Steyn, a Carleton student) a Super Smash Bros. style four player multiplayer fighting game.

The games tied for first in the Best Student Game category, making them all eligible for the interviews, but still only leaving one internship spot.

Grant, a student in the game development program who brought food for the team, and only slept for five and a half hours during the event, said that the experience of working in a team was the most valuable part of the event.

This year’s theme, taken from the GGJ site was “We don’t see things as they are, we see them as we are.”

This is the first year that Algonquin has hosted the event, in a large room on the third floor of the J building, in a room largely populated by computers, energy drinks, Tim Hortons leftovers, and sleeping bags.

Professor Bradley Flood, the game development program coordinator, was the host of the Algonquin site.

Flood had a few reasons for organizing the event, saying that it was a great way to kick-start ideas and get creative, as well citing the social aspect of the event, as it facilitated a chance to network with other developers.

“The Ottawa gaming community is small, so it’s good to get together,” said Flood.

The only real challenge that Flood had with the event was creating awareness of it.

That, and taking a panorama shot of the whole room of excited gamers on his smartphone before the 5 p.m. showing of the games on Sunday.

“Nobody move,” he said, while sweeping the room.

The room was friendly during the presentations, as teams brought their game to the big screen for demonstrations, explanations, and light-hearted competition as the judges were able to try out each game.

Francois Dodier, a game development graduate from Algonquin, noted that some of the challenges of game design have to do with the constant changes that occur as you go that can change the vision of the game. Dodier now uses the 3D rendering experience he gained in the game development program in his work designing games for the RCMP.

Other standout of the event include a solo effort by third year game development student Jamal Aberle, who only worked on the game for 14 hours, but impressed and surprised the room with a stage that turns out to be a replica of a Samsung TV.

However, the big winners were not students. A team of developers stole the show with their game Keep talking and Nobody Explodes, which used the highly anticipated Occulus Rift, a virtual reality headset unlike any other, and the Razer Hydra motion controller.

The game was created by Brian Fetter, Ben Kane, and Allane Pestalé, a graduate of the Algonquin-Carleton joint bachelor of information technology program.

The object of the game is to defuse a bomb. It required one player to wear the headset and interact with the bomb, while three other players, who cannot see the screen, give the other player instructions on how to defuse the bomb based on a game manual.

In true spirit of the event, the developers of Keep talking and Nobody Explodes have plans to further develop the game due to the response it garnered at the event.

Mobile app students benefit outside clients

BRIAN CRADDOCK

The college’s first ever mobile application design and development program’s graduating class is developing a series of mobile apps designed to benefit real-world clients and corporations.

The class, taught by professors Steve Griffith, and Gerry Huddle, has been split up into four teams, and are developing applications for a variety of clients. These clients include The Canadian airline Air Transat, for whom the class is making an application for flight instructors to record test scores. A remote locating application for a company called Opus 2. A mobile application for Canvas, a program similar to Blackboard used by other courses at the college.

Ottawa’s Goulbourn Ward, for whom a segment of the class is creating an application dubbed the “Goulbourn Interactive Museum” is also a client. “It’s basically a digital tour,” says Justin Lane, a member of the Goulbourn dev team.

The application allows the end-user to navigate the township of Goulbourn while interacting with various destinations, such as the various landmarks and heritage building in this very historic town. When the user reaches his or her destination, or a location that gains their interest, the user can pull up the team’s application and read about it’s history.

The Air Transat application on the other hand won’t be available for public consumption. It is really only for the airline’s own staff involved in pilot testing. It allows instructors to record marks and notes about a pilot in event-based testing environments and during other procedures. According to Scott Anlay, a member of the Air Transat dev team, it’s currently in the “initial build” phase, meaning it’s still very early in it’s development cycle, as it’s still in what is called the pre-alpha stage. But the team has begun coding and assembling everything needed for the program to work.

Earlier this semester in January, the four teams met with their respective clients, to narrow down the scope of their projects. At that point they begin to write “use cases,” detailing how various end users would use the final application. At the end of the month, the teams began mapping out their applications in a “wireframing mockup tool” called Balsamiq, developed by a former Adobe software engineer that allows the developers to draw out the way.

For the rest of the semester, the students will work on developing an alpha build of their program, designing graphical elements, catching and fixing bugs, a beta build, and ultimately work towards an April release for their final build.
All you need is puppy love

LAUREN KHALIL

For the second year in a row, the college’s Student Success Specialist sought to alleviate student stress with some puppy love on Jan. 27 and Jan. 29.

Merlin, the Australian shepherd, golden retriever and “Humane Society special,” as his owner, Nancy Trus, likes to call him, greeted students in a small room on the second floor of the Commons during the Wednesday visit.

This is certainly not the first time dogs have been used for therapeutic purposes. The Canadian Armed Forces has been using specially trained therapy dogs to deal with PTSD. Students lined up outside the door of E206 to spend a few minutes petting Merlin and receiving kisses in return. Trus volunteers for Therapeutic Paws of Canada, where “dogs that love to be loved” provide human aid as therapeutic dogs.

“He was born to do this,” she said.

Trus explained the health benefits dogs can have for humans, which includes lowering blood pressure. She further discussed the programmed human companionship with dogs, mentioning that two co-evolved.

“Dogs have been our companions for hundreds of years. We seem to bond with them,” Trus said.

This historical connection is what provides support for animal-assisted therapy.

As students came into the room in groups of five, they asked questions about Merlin and exchanged stories about their own pets at home. Time seemed to pass quickly for students before it was time for the next group.

“I feel stress free, I feel happy,” Charmaine Fleguel, a construction-engineering student, said as she left the room.

Laura Verzijlenberg, veterinary technician student, 27, organized the event as a student volunteer for a co-curricular record opportunity with SSS.

“There’s a lot of research that shows human animal bonding for psychological values. Bringing that to the students was important so I thought it was a good program,” Verzijlenberg said.

Student Success Specialist, Dan Cuddy initiated the initial visits to Algonquin last year.

“This event gives students the opportunity to de-stress and have a little fun. The dogs and cats bring smiles to people’s faces—it’s really great to see,” Cuddy said.

Eight-year-old Merlin has been part of the program for seven years. He has passed evaluations to work with seniors and children.

Monday was slow, but Wednesday was a resounding success, seeing a steady stream of students throughout the hour.

Anti-bullying seminar at Algonquin

An anti-bullying display is being put on by the library beginning Feb. 1 and continuing on in March and April.

Bullying is a serious issue and the library display is focusing on three forms in particular. For the first month the library is focusing on bullying in the workplace.

“A lot of people have the crazy concept that when you’re out of high school, bullying stops,” said Amy Simpson, a library technician and former student. “It doesn’t, so we just want to bring it to people’s attention that it’s not okay, there are ways you can deal with this.”

This month’s display is focusing on a case study on Jonathan Martin, a football player and former member of the Miami Dolphins of the NFL. Recently he was a victim of bullying by veteran teammates and as a consequence, he left the team.

In the front lobby of the library students can find a display showing the statistics and breakdowns of the bullies and the bullied. The display shows different trends with bullies, such as ratio of men to women on who bullies, effects that bullying has on the bullied such as anxiety and lack of sleep. Also there are future trends for both the bullies and the victims such as lasting behaviour for both parties.

A lot of people have the crazy concept of the Tree of Kindness, where students and faculty can write an act of kindness on a card and the people in charge of the display will put a leaf on the tree with the act of kindness written on it.

“We want people to make comments if they see something nice or if they know someone who did something nice,” Simpson said.

Also on display are different contacts that students can get in touch with if they are being bullied, including the number for the security office.

The library isn’t alone in this endeavour though. The Student Success Services is helping the library put the display together by printing and compiling the displays.

One student wasn’t sure how the Tree of Kindness worked and put money into the card box, but Simpson wasn’t upset.

“It’s a good thing,” she said. “We are going to put up a leaf saying they made a donation to the Distress Centre for Ottawa or the Do It For Daron campaign.”

The display will be up in its current form until Mar. 1 then it will add on with harassment and discrimination and finally cyber bullying in April.
Although tattoos still hold a certain stigma, today’s generation is much more comprehensive of this form of body art.

“My arm says ‘Love is louder’ so I think even that is easily accepted,” said Stephanie Wackid, a student in the esthetician program. “Employers will ask what my tattoos are and they accept them saying ‘at least it’s not a naked girl or skull or something distasteful.’ I have five tattoos, and so far employers have given me a harder time about my lip piercings than anything else.”

Wackid isn’t alone in seeking self-expression through body art.

Students in business, photography, public relations, police foundations and even stay-at-home moms have come together to celebrate the expression of life through their tattoos.

“It think it’s a great way to make people see how you are inside. It might reflect a part of you that we can’t see. Employers fear the unknown and won’t take the chance of an unexpected outcome,” said Dubois.

In certain cases, a tattoo can attribute to whether or not you get employed. Businesses must stay attentive to the needs of their clientele and are careful to respect different beliefs. They must take serious precautions to where the boundary must be set for employment, especially to respect the views of different ethnic groups, elders and young children.

“None of my tattoos are particularly offensive,” said Cassy Jones, student in the esthetician program and a stay-at-home mom. “However, the workplace thinks that older people will be offended of the connotation that these specific symbols held at a different time and place. Their customers could react negatively and my employers wouldn’t want it to reflect badly on their business.”

“I understand why they are doing it. I just hate that they’d hire me over someone that’s equally qualified but has a skull on his arm, just because someone might think it’s distasteful,” said Wackid.

Several industries have different variations to what is deemed to be acceptable. Some people will face rejection by their employers and other employers will embrace the unique element that a tattoo brings to a worker.

This conflict may not be completely solved but we have taken a step forward.

“No matter what, I think there will always be people in the world who will judge you,” said Danielle Léonard, student in the business program. “We’ve come a long way and now our society has become more accepting of tattoos. Meanwhile, we (people with tattoos) just have to do that extra effort to gain our employer’s trust. We already revoked some of their policies, what else is there really left to do?”

Natacha Dubois
Algonquin photography graduate

The Times got folks from around campus to show off their tattoos and tell the story behind the art.

“Tattoos are a great way to make people see how you are inside. It might reflect a part of you that we can’t see.”

Natacha Dubois
Algonquin photography graduate

“Tattoos: breaking the stigma”

“Tattoos are my story.”

Natacha Dubois
Algonquin photography graduate

“I have Invictus on my back. I read it in high school and it intrinsically inspires me. It’s a poem that Nelson Mandela read to himself while in jail - it’s about will. Every tattoo I have has meaning.”

Wayne Boucher
Fitness and wellness coordinator

“I moved here from Venezuela three years ago, so the octopus represents the island and the sea. I wanted to get something to always remember where I come from. Like the Johnny Depp quote, ‘My body is my journal, and my tattoos are my story.’”

Marco Olivieri
International culinary student
This is my first tattoo. It’s based off my favourite book series, the John Cardinal Crime series. The quote, ‘The planet grief,’ is from the first book I read in the series that resonates with me. It’s about being that beautiful cardinal in this distraught world and to stand up for what you believe in.

Ashley Newton
Second-year scriptwriting program student.

I have no regrets. My cover up sleeve is a coy fish body with a dragon head on it from the Japanese culture. It’s about growing up and becoming who you are. Everything I have means something to me.

Ian Skoczylas
SA graphic designer

I’m from Africa, I’m a lion, and I’m a king. 5fif, my street name, is in the crown ‘cause it represents me. I always thought of myself as a lion ever since I was a kid, and I’m an August baby so everything just matches.

Alvan Umba
First-year electrical engineering technician student
The Chinese New Year celebration at Algonquin opened with four colourful and dynamic lions bursting through the doors of the Marketplace Food Court. The waiting crowd of students and faculty quickly parted and pulled out their phones to capture the lion dance as it paraded across the cafeteria to the steady beat of the drum that followed. The dancers weaved through the tables occupied with eating students, entertaining all they passed with their quick movements and fluttering eyelashes.

The dance came to a climax with all four lions meeting at the front of the cafeteria to shred the heads of lettuce offered to them from long poles and finally pull off their costumes to pose for pictures with the charmed audience.

On Jan. 31, Algonquin's Chinese Students Association held the event to celebrate the upcoming year of the horse. Students, faculty and any others interested were invited to come together for an afternoon of entertainment, food and the opportunity to experience Chinese culture. Following the explosive lion dance, the talent show portion of the celebration put a range of Chinese music styles on display. Whether they understand the language of the singing or not, the whole audience was captivated by University of Ottawa student Dashan Wang as he opened the show with a heartfelt song that many of the international students in the audience could relate to.

“The song is called Wandering Mind. It’s the story of a poor little boy who goes to the big city to fight for his dream and accomplish his goals,” said Wang. “It’s also about treasuring your family and friends so it’s really good for this time of year.”

Unfortunately, technical issues blared halfway through the song. Zisi, a student in Algonquin’s music industry arts program, who rapped in the talent show, said, “It’s my first time performing for this and it was really fun, but if we had the theatre it could be so much better.”

Rui Jingshui, president of the Chinese Students Association, said, “This time of year, it’s tradition to get together as a family.”
Algonquin celebrates Chinese New Year

Zisi, a student in Algonquin's music industry arts program, who rapped in the talent show, said, “It’s my first time preforming for this and it was really fun, but if we had the theatre it could be so much better.”

Rui Jingshui, president of the Chinese Students Association, said, “This time of year, it’s traditional to get together as a family. Students have classes so they can’t go back home. There are about 300 international students from China.”

Wenhaoqui, a 20-year-old Chinese student who has only been in Canada for three months said the celebration made him “feel more at home.”

“It makes me happy,” he said, “I like the Chinese New Year celebrations a lot.”

Ruiling Yuan, former president of the Chinese Student Association and a graduate of the business administration program, returned this year to join in the celebration and help out wherever he is needed.

“The event seems to be getting bigger every year and the talent show especially is a great example of Chinese culture,” said Yuan.

The leader of the troupe peers out from under his costume. Mid-23: Performers watch the talent show.

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**Loves me, Loves me not**

1. The giving of Valentines started during which century?
2. What colour rose signifies friendship?
3. Only the girls buy chocolates for the boys on Valentine’s Day in which country?
4. What is it that Cupid uses to make people fall in love?
5. In what Shakespeare play is St. Valentine’s Day mentioned?

Send us a picture of your answers for a chance to win a gift card.

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**A TRIBE CALLED RED**

**THURS. MARCH 20 - THE OBSERVATORY**

8:30PM DOORS • 9:00PM SHOW • DRY EVENT
ALL AGES ALGONQUIN STUDENTS • 18+ FOR GUESTS
TICKETS $10 IN ADVANCE • $15 DAY OF SHOW
AVAIL. AT THE ALGONQUIN COMMONS THEATRE BOX OFFICE OR ONLINE AT ALGONQUINSA.TICKETFLY.COM

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WWW.ALGONQUINTIMES.COM
A community fitness fundraiser will be hosted by Algonquin’s Pembroke campus Feb. 22, where participants will partake in three hours of exercise and raise a minimum of $100 to support the Algonquin College Capital Campaign.

Each participant will be able to choose from a number of sports activities to complete the challenge, including yoga, snowshoeing, ball hockey, and a number of other sports.

The event challenges participants on their dedication in more than one way. Their physical dedication will be challenged when they take part in three straight hours of exercise, while their dedication to the cause will be challenged by requiring them to find enough friends, strangers, and colleagues to donate to their cause to allow them to reach their goal of a hundred dollars.

“We decided to allow participants to participate in as many events they would like,” said Jodi Bucholtz, a client service officer at the college. “So they don’t have to do three hours, but we challenge participants to attempt it over the whole days event.”

As someone who works at the fitness centre, Magdolen is generally someone who is informed on the different sports activities at the college. He made the point that the event possibly could have been better advertised around the different campuses, rather than just in Pembroke.

The event will be held in the Algonquin College gym, and will run from 9 a.m. to 12 p.m., each sport taking up a separate half-hour timeslot. Students will take part in the different activities throughout the three-hour period to complete their fitness challenge.

But not everyone is aware that the fitness challenge is happening. Rich Magdolen, a student in sports business, and receptionist at the Woodroffe fitness centre, hadn’t heard a thing about it.

“The promotion for this was not good,” said Magdolen. “I didn’t know anything about it. I didn’t even hear about it.”

The main goal of the event is obviously to help the community, but an event like this will also help students taking part. They’ll be forced to test their discipline, and it teaches them how to be healthy in their own lives after their involvement.

Any students that registered for the fundraiser before Feb. 1 will be given a free body fat composition analysis, as well as a day pass to the Pembroke Best Western fitness centre.
Students combine love of sports and a devotion to faith while balancing school

ELIZABETH MABIE

Even the smallest of organizations can make a big impact on student’s lives and that is what Athletes in Action has done for Ottawa students.

Mainly stationed at the University of Ottawa and Carleton University, Athletes in Action’s main goal is to teach students the connection between faith and sport.

They strive to build a community for student athletes to come together and continue their faith training and be with people who love both God and playing sports.

They’re hoping for more of an interest from Algonquin’s athletes and sport-loving students who want a Christian community to be a part of.

“There is a really great need on campus because I think that university and college is a time where often it is easy to slip away from your faith or just get consumed with schoolwork, but having a group on campus that meets on campus is a really great group to connect with,” says Jess Feeney, staff member with Athletes in Action.

“They can continue their faith’s journey and grow closer to God through this community.”

This is a time in life when students start thinking about and asking deep questions and are more aware of the issues in the world.

The staff at Athletes in Action and the group itself is there to answer these questions and allow students to look at these issues through a Christian viewpoint through discussions.

“It’s important to be available to students,” says Feeney.

“It’s important that we meet them where they’re at. We have people inviting us and we go to them.”

On Monday nights the group plays a variety of sports together after Bible studies and faith-based discussions.

There is also one-on-one mentoring for the athletes and helping to guide them in linking their faith and sport.

Athletes are busy with training and playing, so church can be easily forgotten amongst other activities.

Sarah Knowles, a second-year design student, is the only member from Algonquin who attends the meetings regularly.

Knowles once played for the Thunder women’s basketball team, but discovered true enjoyment in playing rugby.

She found out about the group through the National Training Camp conference run by Athletes in Action.

“It’s helped me branch out in different areas and given me confidence in terms of trying things,” says Knowles.

“I love the community of people who have common interests and think the same as I do. I have learned how to relate with people and reach out to others and I’m more open to sharing my faith.”

Being part of Athletes in Action has been a positive and life changing experience for Knowles.

She considers Feeney a mentor to her and has helped to give her a new perspective on sports and God and defining the connection between the two.

Feeney says that when more Algonquin students take an interest in Athletes in Action, Knowles will likely be the person students go to for information and heading up the college’s Christian athletes.
Stories brought to life by pros

ERICH ENGERT

This first Hot House event brought an artistic director and seven professional actors from the New Ottawa Repertory Theatre to bring stories written by scriptwriting students to life in a stage-reading Monday night, Feb. 3.

A stage-reading is a form of theatre without sets or full costumes while actors read from their scripts. For the Hot House, actors attempted to use stage movement wherever possible to allow the scriptwriting students to see how their work looked when acted out on a stage.

The actors had two days to rehearse and prepare for the event. The first rehearsal was for the actors to understand the characters and provide any input where they feel is necessary.

“I liked how the actors did on my play,” said scriptwriting student Glen Ilnicki, 25, “but I wouldn’t have minded if they were a bit more serious at certain parts.”

His play, Act II, required actors to play the role of actors. According to Hot House artistic director Doug Phillips, probably the hardest thing an actor can do is play an actor which makes up a majority of Act II.

The second rehearsal, a technical rehearsal, was for going over the scenes with actions and preparing the appropriate lighting which is taken care of by a theatre arts student.

“I’m a little nervous since it’s my first time working the lighting,” said theatre arts student and Hot House booth technician Kara-Lynn Weaver, 22.

“It’s hard sometimes. You have to keep yourself from getting drawn in to the plays since they tend to be pretty funny,” said theatre arts alumni Sam McCarthy, 21, who had been the booth technician for previous Hot House events and returned to help teach Weaver the ropes during rehearsals.

Since the event occurred in the theatre arts studio, the set was already prepared for the theatre arts students’ classes.

Whether the set benefits or hinders the scriptwriting students’ plays depends on their story. Regardless, the actors did what they could to make the play work. Even with a few mistakes here and there, the audience and actors both just laughed it off and the shows continued.

“I liked how the actors came in and brought their own flare into it,” said scriptwriting student Ashley Newton, 22. “It was fun to have what I saw in my head turned into something by Doug’s own vision.”

Halfway through the night, there was a brief intermission with time for the audience and actors to ask questions or comment on the plays.

During the intermission very few audience members voiced any problems they may have had. Instead the time was replaced with a majority of compliments on the plays and acknowledgments of the difficulties the scriptwriting students might have faced.

“I was very thoroughly impressed by the actors and playwrights. It was a very high quality performance,” said introduction to music industry arts student Alex Thoms, 19.
Dragon visits the Commons

Alicia K. Gosselin

The Commons theatre is filled with anxious students, waiting to get a glimpse of the Dragon. He strolls onto the stage with bright eyes, a wide smile and a flashy dress shirt. The crowd applauds – it’s not every day a billionaire comes to address Algonquin’s student body.

For W. Brett Wilson, a successful businessman over the years, he believes all students should study for success: marketing, entrepreneurship and philanthropy. Everyone in the theatre received a copy of his book, Redefining Success: Still making mistakes for Shelly Bandel, a business management and entrepreneurship student, after his talk in the Theatre.

Wilson’s voice was soft and milky as he walked back and forth on the stage, navigating the audience through his journey of fortune and failure. Though he became an extremely wealthy and respected businessman over the years, he admitted to neglecting other aspects of his life in the process. It took a wake-up call with his daughter to make him want to go home, and the discovery of cancer may have saved his life.

“Cancer may have saved my life,” said Wilson, pausing. “No – it DID save my life.”

After his diagnosis, Wilson said he felt like he was given a second chance at being present in his children’s lives.

“The clients left me alone, my partners left me alone… and that gave me the time that I needed to then focus on building relationships with my children – and, quite frankly, getting my health back,” he said.

“A powerful journey that at times I’m not proud of, but am quite happy with the conclusion.”

Although his presence at the college was impressive, this was not Wilson’s first interaction with Algonquin. The students in the general arts and sciences: introduction to music industry arts program have been skyping with him for almost three years. His appearance was an initiative taken on behalf of the program’s coordinators, Lou Di-Milloy and Sherrell Fraser, as well as professor Michael Wood.

It was Wilson who originally suggested he come address the students at the college. The music program, known for its high-profile contacts, received his offer with open arms.

“We got an email from (Wilson), and he was asking if maybe this year, instead of Skyping, he could come to Algonquin College,” said Wood.

“You can imagine the scramble of ‘YES, YES, YES.’”

Wilson reached out to several colleges and universities across Canada, and was impressed with Algonquin’s quick coordination and thorough organization.

“Algonquin has gone above and beyond what I asked in terms of promotion,” said Wilson, taking a moment backstage.

“You guys got organized so quickly and gathering you all together is very much appreciated.”

Students had the option of waiting in line afterwards to get their copy of his book signed. The line-up curled around the theatre, up the stairs and onto the stage where Wilson stood waiting for each student at a draped table.

“It was really touching when he talked about his personal experiences,” said Nathalie Bergeron, an advertising and marketing student with anxiety and ADD. People can benefit of improv for mental health as well as improv for acting. They are talking about expanding the festival in the summer as well as the competition in the fall. Wilson was forthcoming when it came to answering the audience’s questions. He encouraged students to ask anything that came to mind, regardless if it challenged him.

“I really welcome the questions,” he said. “The deeper they go, the tougher they are – there’s no topic off limits. That’s the value of the conversation, it’s not superficial.”

Improvised groups battle to the last laugh

Paige Vonk

Working on German double-sided cat puzzles is how the Carleton Improv Association (CIA) prepared for competing against uOttawa’s Improv Club at this year’s Cracking up the Capital. This was the second annual Cracking up the Capital and the second time uOttawa won and took home the coveted Bucky the beaver trophy.

With over 10 improv games played and up to 10 points awarded by the five judges for each game, the final score was uOttawa 189 and CIA with 203.

Cracking up the Capital was started by John Helmkey and Jim McNally 10 years ago. It’s an Ottawa based festival to help support mental health.

“We didn’t want to just do four nights of stand-up comedy,” said Helmkey.

And that is where the involvement of Carleton and uOttawa came from. It was a great way to involve more youth said Helmkey.

This year’s competition was hosted by former Red Green Show star, Patrick McKenna. “This is all about mental health and there is such a high amount of teen suicide in the Ottawa area that this is really the groups we should be talking to,” said McKenna.

The show consisted of jokes about diarrhea, Bob Ford and Miley Cyrus. CIA started off the show by winning the coin toss and told a story about Bucky the beaver playing polo but everyone could only say one sentence at a time.

Other games included an interrogation scene where the interrogators give hints to the accused as to who he is supposed to be until he can guess and a scene with three people where someone must always be sitting.

“I think what really lost us was the first two scenes,” said Ryan Pickering, a history major from Carleton. Helmkey acknowledged both teams had some great moments. “I really liked the ball wrecker song but that might be biased because I sang that. I liked (uOttawa’s) time jump game with the Tim Hortons.”

Both teams practice for shows like these by playing games and becoming well versed with how their other teammates think and react. Wendy Liu, VP external for CIA, says they critique each other and do workshops to try and improve.

“We work on the fundamentals of improv which include platform, rising of action, conflict, solution and resolution,” said Kristine Shadid, VP external for CIA.

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Teri Loretto started her academic career in acting. Her experience was perfect for the role of CBC weather specialist.

Loretto was raised in the small town of L'Original. On top where she found her first role at 12-years-old in a play called Wait Until Dark, a classic whodunit by the Prescott Players. This experience led Loretto to audition for Canterbury High School at the age of 14 in the school’s first year of the full-arts program, moving out on her own to Ottawa in a boarding house.

Taking a year off after high school, Loretto had an epiphany. “I realized that as much as I enjoyed business and stuff like that, I wasn’t satisfied just being an office worker. I felt I needed a constantly-evolving environment.”

While attending the University of Ottawa, Loretto paid her way by working at her family’s flying school which operated out of the Ottawa Airport for 17 years until the family sold it five years ago. It was here that Loretto developed a working knowledge of the weather, reading dispatch reports. However, Loretto is the only one in the family not to pursue a career in aviation.

“It’s kind of weird to be the black sheep of the family [because I have] my T’s and D’s.” Loretto says with a laugh. “Most parents would be very happy about that. Mine are supportive, but I’m the odd one out.”

Since selling the school, it now home to her family. “I just wasn’t satisfied just being an office worker. I felt I needed a constantly-evolving environment.”

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“The job was a fill-in weather worker. CBC was looking for a female with a performance background and a working knowledge of weather. In other words, the job was made for Loretto.”

Loretto slowly found herself taking on more responsibility at CBC. Currently, she is responsible for filling in for meteorologist Ian Black when needed, doing the weekend 6 p.m. report with David Gerow and various radio gigs, such as All in a Day with Alan Neal, Halifax’s Saturday Report and more. Loretto credits her mother, a New Zealander, for her radio ability. “Thanks to her, I really enunciate my T’s and D’s.”

After many years of acting and stage-managing, Loretto found herself teaching. Currently, she teaches at Algonquin and Orleans Young Players as well as occasionally doing workshops at grade schools and some individual coaching.

The students she has taught and directed have been nothing but successful. Last year’s production, The Laramie Project, was nominated for Best Student Production by the Capital Critics’ Circle.

After such various successes, Loretto finally returned to the stage in January, performing in Detroit for the Gladstone Theatre. Detroit is a story of the American Dream and reality, according to Loretto. It was a crazy ride,” says Loretto. “The audience always left the theatre buoyant and excited. They got it.”

Gladstone is familiar ground for Loretto. Her theatre company, Pio- sive Productions, leases the building. Piosive was started by Loretto with one other partner. In the last five years, they have acquired two more partners and have seen the company grow more and more by the year. Despite this, Loretto always makes sure that she is the last person to get paid after every production. “Always put your staff first,” she says.

“My husband doesn’t enjoy that,” she adds with a laugh. Loretto’s husband, Ivo Valentik, is also a professor at the college. This is how they met.

Valentik and Loretto shared a connection. “We talked about our mutual interest in history and art and just really hit it off as friends.”

Eventually, love blossomed between the couple, who are now married with a year-and-a-half-year-old baby Uly.

Having a child has forced Loretto to slow down, a pace she isn’t used to after working 60 to 80 hour weeks for years.

“There have been a lot of things I’ve had to turn down, things that I haven’t been able to do that I would have [been all over] two years ago,” Loretto says.

For example, just before getting pregnant, Loretto took a stilting class. “My guilty pleasure is learning.”

Loretto’s one piece of advice to her theatre students is this: “I’m one of those people that constantly needs to be intellectually and artistically challenged, so I tell them ‘Once a year, do something for yourself that increases your awareness of the world around you or you learn a new skill. I think that’s important.’”

However, keeping her thirst for knowledge quenched is tougher now than ever before with a baby at home. “My son certainly is a bundle of joy,” she says with a smile. “He’s so wonderful, but it’s difficult.”

Loretto runs off the set during a commercial break for a last minute weather check. “All of this CBC, acting, teaching stuff is easy compared to raising a child,” she says.

Loretto continues to make it all look effortless as she riddles off her final weather report of the night, without a script, before returning home to her family.

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Singer’s got the ‘golden voice’

Graduate with a passion for opera hopes to turn his talent into a future career

EMMA HYDE

“There are people who develop passion from watching someone else, and then there are people who develop passion from being recognized for their talent and hard work.”

The passion that 20-year-old Preston Smith is talking about is his love for opera, both as an art form and as a future career.

He was not someone who developed it from watching other people, but rather he was encouraged from a young age. His parents and teachers continually praised his natural talent throughout the course of his life.

When Smith first began his singing career, at age eight, it was through private lessons and he started off in classical music.

But it wasn’t until 2012, when he was 18, that he decided to dedicate himself to opera specifically. Then he made it the beginning of a career.

“It came down to a yes or no. Yes, I see where I can take this, and how far I can go,” said Smith. “Or no, stop working at it and drop the whole thing.”

Somewhere between classical music and his opera career, Smith was involved with a small amount of musical theatre. He hated it.

To him, in musical theatre, there is more weight on a singer’s acting ability than singing ability. Musical theatre is about the story of a play, about character profiles and costumes. There’s more makeup and acting involved, and music is worked in to the rest of the script rather than being the main focus. It’s still an integral part, but not necessarily the most important.

Opera, on the other hand, is almost entirely about the music. There are still costumes and makeup and moderate amounts of acting involved, but almost the entire performance is focused on and centered around the singing. At least, that’s the way Preston Smith sees it.

Ironically though, his disinterest for musical theatre is what led him to make opera the focus of his career. It was after a studio recital that Smith made the decision to take his singing career seriously.

And that’s what he decided to do, taking up classes over the summer break to begin his new commitment.

Currently, Smith is chasing his passion by attending private singing lessons with Yoriko Tanno, a woman whom he considers to be the best teacher available.

He partakes in various performances throughout the year, and is required to practice his singing between four and eight hours a day, on top of attending lessons every week.

“There are a lot of people who don’t have an end goal,” Smith said. “I know where I want to go, but I still don’t have a specific end goal.”

He works at Canadian Tire full time to give himself an idea of what it’s like to have a career and work an eight-hour day, then go home and continue to practice.

He wants to prove to himself that he would be able to balance his practice time with his work life, the way it would be in his future.

Smith’s voice is considered to be a bass baritone, a type of voice that is incredibly rare in people his age. Most men get their “golden” voices around age 40, but Smith’s teachers believe he may already have achieved that.

It’s expected to change as he ages, and by the time he is in his peak when he is 40, his vocal range will have dropped from a bass baritone to a bass.

In other words, his commitment to his career isn’t the only thing that’s just getting started.

His voice has a long way to go before it’s fully mature, and his voice is what his career depends on.

Smith’s voice is also involved in the same school as he is. To her, singing is more of a hobby, but she is always supportive of Preston.

“He’s improved so much in his career depends on.”

His musical journey is only just beginning and although he doesn’t yet have an end goal, he’s got an idea of where he wants to go.

“I’m so proud of Preston,” said teacher, Yoriko Tanno. “He’s already one of my best students, and he’s still so young. The men he sings with are years ahead of him, and he always keeps up. He’s ahead of his time.”

Smith attended Algonquin in the general arts and science: media communications program and graduated in April 2013.

He chose the program to help him reach his later goals of going to university at Carleton for a Bachelor of Music.

He has an audition to enter the program later this year in March. If all goes well, he will start at Carleton next September.

After Carleton, he hopes to join either the Canadian Opera Company or the Metropolitan Opera, but he’s unsure of where exactly he wants to end up.

“Every teacher has a plan for their student,” said Tanno. Whatever her plan is for Preston Smith, it’s clear she thinks he’ll go far.
Quality trumps: CAA notices

Walid El-Tawel earned a four-diamond rating for his restaurant; first in seven years

SAMANTHA LONG

Former culinary student and his restaurant has become the first Ottawa eatery in seven years to be recognized on CAA travel’s selective four diamond list.

Walid El-Tawel graduated from the Algonquin culinary management program in 2006 after realizing his passion for cooking at a young age and working in restaurants for years.

“Cooking was something I wanted to do since I was 16,” said El-Tawel.

“It was either cooking or cars.” Having previous work experience in a kitchen El-Tawel admitted the first semester of the program was boring for him and sometimes he even got kicked out of class for disagreeing with the instructors.

El-Tawel said he was grateful for the support from the culinary professors in helping him find a part-time job while he was in school and even after he graduated.

Cooking was something I wanted to do since I was 16

Walid El-Tawel
Head Chef at E18hteen

“When I didn’t have a job for a while I worked part-time at the Restaurant International on campus,” said El-Tawel.

Born in the United Arab Emirates and moving to Ottawa in his teens, El-Tawel didn’t think twice about going to Algonquin.

Reflecting on his time here and how it made it what he is today, his team was happy after they received word of their achievement immediately tried to go back and pinpoint when exactly the visitors had come.

“I got email from all my professors after we got the award,” said El-Tawel.

“It was nice getting that kind of recognition from them.”

E18hteen outlines the long hours that go into working in a kitchen. “It can be 13-hour days,” he said.

But he realizes it’s all worth it because quality trumps everything.

Walid El-Tawel, pictured in his restaurant, graduated from the Algonquin culinary management program in 2006. His restaurant, E18hteen, is one of only two four-diamond rated restaurants in Ottawa. Their plan is to get a five-diamond rating, and if they do, they will be the only five-diamond restaurant in Ottawa.

Pastor, chef serves up food, faith

ELIZABETH MABIE

A local youth pastor and chef has mixed his passions for his faith and food by creating an environment for Ottawa teens to come and enjoy a meal, make friends, and come closer to God through a message and discussion.

Jeremy Sauve completed the one-year cook training program at Algonquin in 1996 when he was 19-years-old.

His inspiration to study cooking came from the TV show, Three’s Company, where he thought that the character Jack had the coolest job running a bistro.

He began working in restaurants when he was 13-years-old where he gained an understanding of the business and believed becoming a chef was the logical next step. Sauve, 37, spent a few years working in restaurants and a retirement home, but eventually ended up as head chef at House of Menzies in Scotland.

“I hate the industry, but love to cook.” Sauve took the job of youth pastor at St. Paul’s Presbyterian Church in Ottawa in 2006.

I hate the industry, but love to cook

Jack Sauve
Youth Pastor/Chef

His current Friday night program, Epicentre, ranges from a variety of activities including photo scavenger hunts, retreats, and once a month Sauve cooks a healthy meal for the kids and provides a biblical lesson for the teens to reflect on.

“The big reason for this ministry is community,” says Sauve.

Young people are always desperately searching for a community to be a part of and community is best found around the dinner table. Food brings people together.”

There are around nine high schools represented by the group of kids that attend, so at first a lot of them do not know the others.

Sauve is simply providing them with the tools to use to build friendships with each other.

Recently, Epicentre has been getting together with local autistic kids who come to join them for dinner.

About 12 autistic kids come on a regular basis and is a great way for teens and those with a disability to get to know each other and get acquainted. In the past few months, Sauve has begun following the Paleo Diet as way to manage his physical pain after being told that gluten was the cause.

He is used to making his food from scratch because eating healthy is important to him, but it is difficult to make the transition from making homemade breads and other starchy foods to finding good products and recipes for gluten free meals. He is not looking at this change as an unfortunate experience, though.

His creativity and skills have been challenged with the new ingredients. “It’s helped me to become a better chef.”

His family and the youth group have been eating the same meals, so he has been introducing a healthier lifestyle to them. Sauve has always cooked with lots of vegetables, so none of the teens have noticed the changes.

“Everyone eats what I eat,” says Sauve, “I’m not going to make a whole other meal for every one else.”

“Youth eat a lot of crap these days and it’s less expensive when I have to cook for 25 youth and nine leaders.”

“Food is emphasized in Christ’s ministry. He used it to bring people together.”
Behind the scenes of a boys club

Allison MacIsaac has risen above the discrimination she faced in first year. She is looking forward to her third and final year in the fall.

Kate Olsen, 25, is an Algonquin Graduate with a passion for skating. She has been a coach for Skate Canada for six years.

AIDAN CULLIS

Public relations on ice
Algonquin PR grad works behind the scenes at Olympic level skating event

AIDAN CULLIS

With co-ordinators of predominantly male fields of study trying to shape their programs to appeal to the opposite sex, some women are wondering if the welcome committee forgot to teach the boys any manners.

While occupational sexism can present itself in the classroom as well as workplace, Algonquin’s trade programs are seeing an interesting progressive attitude toward women.

“We actually have the guys asking us for help,” Tara Cassidy, a first semester HVAC student laughed. “There’s no intimidation whatsoever.”

Jennie Lyons, also a first semester HVAC student, notes that the program has a zero tolerance policy towards sexual harassment or any kind of problematic behaviour within the program and makes a point of addressing the topic on the first day of classes.

“In trades, it’s like we’re one of the guys. But there’s no overly-macho attitudes,” Lyons said.

Alternatively, Allison MacIsaac, a 20-year-old game development student, has not been as fortunate as the women in the trades.

In her first year, MacIsaac was treated so badly by her male peers that it made her reconsider the field she was aspiring to enter. “They would make sexual comments on my looks or the way I dress, but for the most part it was a general feeling of being talked down to... and that still happens. They don’t take me seriously.”

Allison went to a counsellor with her complaints, but was simply asked if she had any female leaders she could look up to within the program; she did not.

Now in her second year, MacIsaac’s decision to stay in the program was influenced by the opportunity to work with the female program coordinator, Jodi Tilley, as well as the friendships she formed with the other girls in the program.

“We’re working on it as students for there to be a support system between the girls in the program; through which we organize get-togethers. We talk about what we’ve experienced and go from there,” says MacIsaac.

Breanna Henry, also a second-year game development student, believes that there is a bias against females particularly within the gaming community.

“You tend to feel that expectations are lower, that they think girls aren’t as good with computers or math,” said Henry. “Girls are also expected to play only certain types of games and get flak when they play anything (considered a ‘boy’s game!’).”

Dr. Annette Isaac, a Carleton University instructor who specializes in gender, feminism and politics, argues that occupational sexism reinforces itself within the workplace as well as the classroom. Despite much progress over the years, women are still frequently perceived as being less competent than men in certain fields.

“This feeling pervades when women are underrepresented and therefore present no counterparts to challenge conventional assumptions,” she said. “Females become caught in a catch-22, wherein their feminine qualities become the reason for their perceived incompetence, yet they are punished when they try to transgress traditionally masculine roles of leadership. These stereotypes can become internalized and encourage self-sufficing prophecies, or women who aim for less than they are capable of.”

For MacIsaac and Henry, the struggle for recognition within their program will only be the beginning if the workplace is reflecting of the classroom.

“Like I was born with my own special gimmick to sell stuff in this industry. If I can create something amazing or even just as good as something a guy made, it comes back to ‘Oh my god, but a girl made this.’ I don’t have to be a female game developer, I can just be a game developer,” said Henry.
Kidney 4 Craig prevails

Campaign finds organ donor for former Algonquin student

MYRIAH SAULNIER

A 41-year-old volunteer firefighter and charity fundraiser finally got the kidney he had been waiting over six years for – from his former sector chief’s wife.

Craig Dunbar, a former Algonquin student from the police foundations program, arrived at home a week earlier than expected on Jan. 21 with a new, hard-working kidney and is currently recovering.

In May 2012, Dunbar had just been married, promoted and was advancing in his career in facilities management with IKEA. He was an active member of his community by volunteering at the local fire station and playing in house softball and hockey leagues.

After spraining his ankle while playing softball and developing a severe migraine, a visit to his family doctor led to a kidney failure diagnosis. Dunbar’s life was completely changed.

He started dialysis only two days after being diagnosed and had countless complications arise in the years to follow. He ended up opting for home dialysis after two years, where his wife Heather became a part of his health care team.

The physical part of his new health was complete – North America, Australia and Europe all got together and started the campaign Kidney 4 Craig which spread in gathering around 5,600 members.

“I am constantly amazed by the human spirit,” said Dunbar. “You hear bad news all the time and news that brings out the bad in people, but I never dreamed of the support that would be out there for me.”

Trying to find a donor quickly, Dunbar started hearing from people all around the world – North America, Australia and United Kingdom – and several people got tested and went through the process of seeing if they were a match. It wasn’t until CJOH picked up his story that his former sector chief in Stittsville, Terry Gervais, and his wife Ann saw on CTV about what Dunbar was going through and decided they must help. Both of them got tested but Ann was the closest match.

“I had people go through the process and still get declined,” Dunbar said.

In November, Ann was approved as a donor and didn’t hesitate to sign the consent form.

“She called me that night after a long day at the fire hall, and told me she had been approved and had signed her consent. I was so tired and exhausted that day that it didn’t even sink in. I went home, crawled into bed and went to sleep and the next morning I got up and was like, I have a donor.”

The Dunbars just recently bought Craig’s childhood home in Carp, are promoting organ donation, start redecorating the new house and get back to fighting fires from the local station.

“I’m looking forward to being back on the floor, back in the trucks,” Dunbar said.

For now, it is critical for Dunbar to take it easy for the next three months. It will take a full year for him to fully recover and he will require anti-rejection pills for the rest of his life. The way Dunbar sees it: small price to pay for a big chance at a new life.

“How do you put it into words: the amount of support I have gotten from my family and my friends,” Dunbar said. “I am a pretty lucky guy to have them all around me.”
Grad gets ‘Delightful Taste’ of success

DYLAN CONWAY-HARTWICK

Guil Fernandes grew up with a never-ending craving to make cakes, cookies and various other delicious desserts while helping his mother at her bakery in Brazil.

So it was only fitting that he opened up his very own bakery, Delightful Tastes, right here in Ottawa during his two-year culinary management program at Algonquin.

As a graduate of from the class of 2011, Fernandes not only moved on to start a successful business in his own field of study, but he did so while in school.

“I went to Cordon Bleu and I also took a wedding cake course in Brazil, before coming to Algonquin,” stated Fernandes. “But at Algonquin I have taught my own classes on chocolate works, gum paste flowers, summer baking and pastry classes and of course, cake decorating.”

As an enthusiast for the college, Fernandes also loves to contribute. Once managers from the Tea Shoppe caught wind of his baked goods business, he began selling some of his cookies stamped with the Algonquin logo there. He also takes applications from culinary management students who want to do their co-op placements at Delightful Tastes, taking in two new students just this year.

One of those students, Alex Bradley, a first year baking and pastry arts student, just began his co-op on Feb. 1 and finds that it has a lot to offer.

“I love the slow pace, just baking cookies and cakes all day... I’ve also learned good techniques on baking and everyone here is very nice,” stated Bradley. “I hope to hook up with a hotel in the future as a pastry specialist, hopefully get to travel and see the world while baking.”

Fernandes plans to help mentor students like Bradley to follow their dreams, but he also says there are a few important things for any students to remember when making the first step into starting their own business.

“You have to think over, and over, and over,” he said. “Don’t jump without a plan, and it can be very stressful so you have to make sure it’s what you want. I learned from my program at Algonquin that it is important to be consistent, have a good plan, hire a good set of staff and make good quality products.”

Good quality products are something Fernandes specializes in, creating his business around the concept of sugar-free, gluten-free and nut-free desserts. After growing up with a diabetic father unable to eat sugar and a best friend who was unable to eat products containing gluten, he realized the lack of bakeries with different options.

He also wanted to create a place where schools or families with nut allergies could go to get sweet treats for everyone.

“I hope to franchise my company. Over the next four years I would like to expand and hopefully get the opportunity to be more large-scale,” he stated.

Plans are well on the way for expansion with three Ottawa locations already on the rise at the Carlingwood Shopping Centre, Greenbank Road and a larger Bank Street location known as the Delightful Tastes Café, which also offers sandwiches, soup, coffee and paninis.

Get with the Times.

Sometimes on Facebook a homepage can be mistaken for the weather network and status updates can be confused for a diary. For a page that knows its place, “like” The Algonquin Times for a refreshing change.
For most people who play video games it’s just a hobby, a way to unwind. For Aleksey Klimkovitch, a 23 year old electrical engineering student at Algonquin, it’s a potential career path after he graduates.

Klimkovitch is ranked in the top one percent of players in North America in the game League of Legends, and currently has a viewership that ranges from 150-500 people, giving him a real chance to monetize his play.

On the internet Klimkovitch goes by Piece_of_Sheet, a name he made when he was 10 years old.

He streams live while playing League of Legends, the most popular PC game on the planet, where two teams of five square off against each other in deadly combat. Viewers watch him play and interact with him via a chat window.

Klimkovitch is known for his dedication to one specific member of the over 100 characters in the game. He plays Fiddlesticks, an evil uncleanly scarecrow whose play-style is defined by disrupting other players and good decision making.

He has a guide that teaches others how to play Fiddlesticks that has over 4.5 million views, and several YouTube clips of his plays within the game, with a peak of over 4.5 million viewers at the same time.

The game itself has 27 million players daily. If it were a country, it would be the 45th largest in the world. The most popular streamers, usually professional players who play competitive in teams, consistently get around 20,000 viewers.

Monetizing a stream is mainly done by playing ads. The more viewers that tune in, the more money a streamer would get per ad. But right now, Klimkovitch is more focused on growing his viewer base than making money.

“I’m looking more long-term. It would be better to have a more stable income later than to make a quick buck,” he said.

Klimkovitch said that his main goal is getting his name out there and known, in effect branding himself. One of the ways he does this is by playing with other streamers. Earlier in the month he played with an extremely popular streamer named PhantomF0rd.

“He had around 20,000 viewers. I could have plugged my own stream but that would have been annoying, I don’t want to be one of those people.

The main thing is, 20,000 people knew me, and maybe later on, a week or a month from now, they’ll recognize my name and I’ll still get the viewers without asking for them. So it doesn’t make me look annoying and more people will click on it.”

Other avenues to make money via streaming are from donations as well as subscribe donations as well as subscribe.

Klimkovitch has the only equipment needed for e-sports, a new, up-and-coming type of sport that has swept the world. Games like League of Legends and Dota have become its newest form of sport.

“For most people who play video games it’s just a hobby, a way to unwind. For Aleksey Klimkovitch, a 23 year old electrical engineering student at Algonquin, it’s a potential career path after he graduates.”

Aleksey Klimkovitch
Electrical engineering student and League of Legends player

If you look at it the average win rate is 50 per cent, so if you rage when you lose, you’re mad 50 per cent of the time. Once you stop, you can actually learn from your mistakes and get better

Aleksey Klimkovitch
Electrical engineering student and League of Legends player

How a high-ranking player is looking to capitalize on the popularity of e-sport
Chris Weidman demonstrates some moves in the commons after holding seminar

DAN TACCONE

Current UFC middleweight champion Chris Weidman visited the college on Jan. 28 to instruct a mixed martial arts training session, sign autographs, and answer questions.

Weidman, who holds an undefeated 11-0 record, also has the distinct honour of being the only person to beat Anderson Silva in the Octagon, finishing the fight early not once, but twice, ending the longest-running title run in UFC history. It was this type of experience that he brought to the Impact Zone during a training session, which focused on wrestling, takedowns, and submissions.

While Weidman isn’t the first UFC fighter to come to campus, or the first champion—the campus has hosted one-time champions Rich Franklin, Frankie Edgar, Cain Velasquez, and Chuck Liddell, just to name a few—he did have the bonus of coming off two straight victories over the previously undefeated Silva.

Silva is ranked among the top pound-for-pound fighters in the world, and was king of the middleweight division for years, which included a seven-year run as champion.

The one hour seminar took place in the Impact Zone, where Weidman instructed pupils of varying skill levels and experience in a few choice takedowns and submissions, including a modified D’Arce choke. The effective front-headlock choke that cuts off blood flow in an attempt to make the opponent tap or pass out.

According to Wayne Boucher, fitness and health coordinator at the Fitness Zone, some of the pupils were a little star-struck being near one of the world’s top fighters, but “as soon as he [Weidman] started teaching, they got into the flow.”

“It’s a chance of a lifetime,” said Aldo Cravioto, a student in the computer science program, who appreciated the opportunity.

“This is my first experience. It’s really cool that the school put this on,” said Erich Hunsinger, a student in his second year of the police foundation program.

Despite the long line of students waiting to meet him, and the training session before it, Weidman didn’t seem to tire as he posed for pictures and signed countless autographs. Throughout, he maintaining a relaxed atmosphere full of laughs, jokes, and a couple of fan-requested headlocks.

Eventually the line died down and his time at the campus came to an end, leaving Weidman in the ring alone with his manager and event organizers.

“That went well,” said Weidman. Due to time constraints, the Times wasn’t able to get a one-on-one interview with Weidman.

Three times the gym, three times the fun

‘Triple gym’ project being discussed to meet students’ needs for more gym time

ERIC THOMSPON

They may be baby steps, but steps are indeed being taken towards a proposed “triple gym” project at Algonquin. After the idea was floated last year, a committee has been assembled to discuss possible ideas for the gym, including sending out an online student survey in March.

The survey will take into account what students would like to see in the new building; so far the only thing the committee has agreed upon is that it will have three gym floors and a track around the outside.

Accommodating the students’ suggestions is contingent on the footprint of the building.

So a bigger facility would facilitate a lot more need.

We’ve had this gymnasium since we were 8,500 students. We’re now almost double that.

Ron Port

Director of athletic operations

The students in the end will tell us what they want because they are paying for it.”

The idea for the new gym was initially proposed by Port.

The current gym hasn’t been upgraded since 1996, and with only one all-purpose court, teams are constantly being turned away.

“Having [the triple gym] would free up the gym we have now for more rec leagues and open gym time which is something that we’re lacking now,” said Annie Thomlison, the SA’s manager of marketing and communication.

“A bigger gym is necessary to accommodate the growing need for not only recreation time, but also academic time. “The college wants academic programs in the gym, and we’re having to say no,” said Port. “We have academics in there from 8 a.m. until 10 a.m. every day and they’d like to go until 11 a.m. or 12 p.m. So a bigger facility would facilitate a lot more need. We’ve had this gymnasium since we were 8,500 students. We’re now almost double that.”

No timeline has been set for when the project may get under way, but the committee is optimistic that it will get done some day.

“I’m pretty sure it’s going to get done,” said Port. “It may not get done in my tenure here. But it’s a good start and I think the students deserve it.”
Vikings don’t stand a chance

Although it was a tight game, Thunder still came out victorious against the Vikings

PAGE VONK

The Thunder women’s basketball team remain undefeated following a narrow 50-48 win over the St. Lawrence Vikings, despite trailing by a few points throughout the first three quarters.

“It was a fun game to be a part of as it was close right from the very start to the very end,” said John MacInnis, head coach of the Thunder.

“We don’t generally get behind, I thought we did a good job of getting it out.”

The Thunder managed to keep St. Lawrence within a couple baskets for the entire game only pulling into the lead by the fourth quarter. This made it an exciting game, which could be heard as cheers echoed through the gym with which could be heard as cheers echoed through the gym with four points throughout the first three quarters.

“We gave up way too many offensive rebounds,” said Abbott. “If we had boxed out, they wouldn’t have gotten second chances.”

The Thunder had 22 offensive rebounds, which is just under their average per game. The team is first in their division. With only two regular season games left, nationals is within their reach.

It was a fun game to be a part of as it was close right from the very start to the very end

John MacInnis
Head coach of the Thunder

Bascoe was double-teamed many times throughout the game. “I think I need to see the double earlier when it’s coming ‘cause I knew they were doubling me but I still put the ball down on the floor,” said Bascoe, despite doing well at finding open teammates and passing.

This was Claire Abbott’s fifth game after recovering from a torn ACL and bone bruising. She was happy to have a positive game.

“When I did make mistakes I think I was overthinking things,” said Abbott.

With 14 points, this game is one of her best scoring games since returning to the court.

“Our shots weren’t falling, but we stuck to the coaches game plan; keep the guys out of the paint and rebound hard and that’s what we did.”

Thanks to a stifling full-court pressure, the Thunder limited the Vikings to a season-low 15 first half points, on route to opening the game up in the second quarter, and entering the break with a 32-15 lead.

“Let’s be honest, they missed a few bunnies in that first half, so 15 is not indicative, it could have easily been a little bit more,” said head coach Trevor Costello.

“But [what worked] was our tenaciousness on the ball. We worked all week on ball pressure, the Thunder were a stingy defensive performance as the Algonquin men’s basketball team ran their record to 16-0 on Jan. 31, clinching a spot in the OCAA championships.

The Thunder silenced the St. Lawrence Vikings 76-46, on the strength of a stingy defense that forced 17 turnovers and was aided by some bad shooting from the Vikings.

St Lawrence finished the first half up 10-4.

The wide margin of victory allowed the Thunder to get everyone more involved, as the bench provided 36 points on a night where 13 different players saw court time.

The following weekend the Thunder continued to roll on the road, beating the Centennial Colts 86-74 and the George Brown Huskies 84-72.

Thunder perseveres

ERIC THOMPSON

A sloppy start offensively was offset by a very strong defensive performance as the Algonquin men’s basketball team ran their record to 16-0 on Jan. 31, clinching a spot in the OCAA championships.

The Thunder silenced the St. Lawrence Vikings 76-46, on the strength of a stingy defense that forced 17 turnovers and was aided by some bad shooting from the Vikings.

St Lawrence finished the night shooting 32 per cent from the field and a dismal two for 15 from beyond the arc.

The start was ugly for both sides, as mid-way through the first quarter the teams were tied at just two points apiece. But Algonquin managed to pull away after a few trips to the foul line and finished the quarter up 10-4.

“We got off to a really shaky start,” said guard Njuguna Waigango. “I thought we had to rely on our defense to win this game, quarter by quarter. Our shots weren’t falling, but we stuck to the coaches game plan; keep the guys out of the paint and rebound hard and that’s what we did.”

Thanks to a stifling full-court pressure, the Thunder limited the Vikings to a season-low 15 first half points, on route to opening the game up in the second quarter, and entering the break with a 32-15 lead.

“The wide margin of victory allowed the Thunder to get everyone more involved, as the bench provided 36 points on a night where 13 different players saw court time.

Tyrelle Samuels finished just shy of a triple-double, with 11 points, 10 assists and eight boards. Waigango had a game-high 15 points despite getting in foul trouble early and spending most of the first half on the sidelines.

“I think we came out too soft and we just picked it up a little more,” said guard Derek Mooney. “It was just being aggressive, being all over the court and I thought we played better... It was a team effort win.”

The Thunder are still undefeated with only four games remaining on the year. The team could have number one seed in the OCAA East locked up as early as next weekend, but Costello says regardless of what happens, his team will not take their foot off the gas heading into the playoffs.

“Give us a break and I want to keep them fresh,” said Costello. “I want to keep their numbers up so when it comes to individual accolades, I mean the team is the priority, but we want some individual recogni- tion. Njuguna’s already up on the wall, and I’d love to get him another All-Canadian. Tyrelle’s a great defensive player so I’d love to see him get a defensive award. I may sub them a little quicker, but I’m not resting guys.”

The following weekend the Thunder continued to roll on the road, beating the Centennial Colts 86-74 and the George Brown Huskies 84-72.
A fond farewell to friends

ERICH ENGERT
ARIELLE FOLLETT

SATURDAY, FEBRUARY 8
The Thunder women’s volleyball team dominated three sets to zero against the Loyalist Lancers on Feb. 8, finishing off their final home game of the season with great success.

Before the game could begin, head coach Everton Senior took a moment to recognize four players from the Thunder who may have potentially played their last game on home turf.

Right side, Tess Peterson, libero and left side in-training, Lauren Baerg, left side, Devon Brown, and left side, Jori Armishaw, who had been a part of the team for five years, were each named by Senior to be recognized for their help in the success and hard work that brought the team its wins.

“I’m going to miss the atmosphere and especially the feeling of family among the team,” said Armishaw. Her comment was quickly followed with a team member in the locker room jokingly insulting another player’s shirt which showed just how close of a family they are.

With emotions running high among the home team the game started and, without warning, the team its wins.

“We started really strong,” said Brown. “Then we brought our game down to the other team’s level but we probably let a few more points in than we should have.”

The first set ended at 25 – 18 for the Thunder. The second set showed just how close of a family they are.

Devon Brown, left side, spikes the ball against Durham. This is the final season for Brown and teammates Tess Peterson, Lauren Baerg and Jori Armishaw.

“We had some runs taken out of us by the服务器 and we missed some passes that could have let us take the set,” said middle, Alix Burkart.

“We just didn’t play the level of game we could have and should have against this good team.”

Senior experimented with new line-ups to prepare the girls for crossover games next week, seeing libero Lauren Baerg play left side and “killing it,” according to Burkart.

“We’re coming together really well,” said right side, Tess Peterson. “We’ve just got to keep the momentum high and we should be able to expect a lot more wins.”

Provincial bound
Close victories help Thunder clinch tournament

MALCOLM EMBREE
MAXIMILIAN MOORE

SATURDAY, FEBRUARY 8
The Algonquin Thunder men’s volleyball team won a tight game against the Loyalist Lancers on Feb. 8, going into a fifth set before sealing the win.

The men’s team had a solid start with two wins for the first two sets. Their momentum was slowed, however, in the third and fourth sets. Despite being met with a surprising amount of resistance the Thunder pushed on in the fifth set to clinch the victory and a spot in provincials.

“This will be the last home-game for the Thunder this season and the last one entirely for three players who will be moving on from the team this year,” Ian McAlpine, middle, will be moving along with outside hitters Ian Horropt and Philippe Yeldon.

“It kind of sucks,” said McAlpine, when asked how he felt about his last home game with the Thunder. “But I’ll come around and continue to support the team.”

The Thunder beat the Lancers 25-18 and 25-20 for their third and fourth sets, forcing them into a fifth set again.

“We just took the foot of the gas for the second two games,” said McAlpine. “We got too comfortable with the first two sets.”

“We did not want to be in the fifth set,” said head coach Jay Mooney.

“At least we showed that once we are there we can still push through.”

The Thunder played the Durham Lords the day before with similar results.

Mooney attributed the loss in the third and fourth sets during both games to not “having an accurate understanding of what we did right in the first two sets.”

However, the team seems confident as they move on to provincials with a 15-game winning streak.

FRIDAY, FEBRUARY 7
Fans in the fully packed Algonquin gym went berserk when the Thunder won the fifth set with a score of 15-9, giving them a victory over the visiting Durham Lords.

The second last game of the regular season began with Thunder establishing themselves as formidable offensive players against the Durham Lords for the first two sets with scores of 25-18, and 25-14.

With 31 kills, Philippe Yeldon, described in the past by head coach Jay Mooney as the team’s “all-Canadi-an,” paved Thunder’s path to victory throughout the first two sets.

Also contributing were Eric Girard with 14 kills, and Patrick Goulet scoring 13.

“There was a great game,” said Mozafar Abdoli, setter. “We lost to them before, so we had to put our team back together to get our motivation.”

As Abdoli was key to the integrity of the team, reaching well over 40 assists.

The Lords claimed victory over Thunder in sets three and four with scores of 25-14, and a closer score of 26-24.

“We lost [sets three and four],” said Mooney. “We stopped executing some of our basic skills and we knew that this game wasn’t going to be a three-set game.”

The victory was hard-earned and apparent in the faces of the rejoicing players.

“Our key guys were able to refocus and be our key guys once again,” said Mooney.

Ian McAlpine, middle, spikes the ball after being set up by Mozafar Abdoli against Loyalist on Feb. 8.
The sound of fans cheering on their loved ones on the court filled the gymnasium at Algonquin Pembroke campus for the wheelchair basketball fundraiser on Feb. 7.

All ticket proceeds were donated directly to the Pembroke Regional Hospital (PRH) MRI fund. “People donate what they want, there is no set rate,” said Garland Wong, the event coordinator as well as an employee at the PRH.

Three organizers, including Wong, were named who were involved in making this night a reality. Cemmel Graham, an employee at PRH and Sam Graham, a social service worker student at Pembroke.

Before the game began the opposing teams warmed up together by throwing the ball at the hoops and joking around with each other with an air of enjoyment. There was no rivalry and it was clear that everyone was there for the sole purpose of having a good time.

The stands were not large, but they were full. Chairs were put out along the sides of the court for people to sit and enjoy the game as they laughed along with the players as they missed the ball, fell out of their chairs or “forgot” the rules of the game. All was in good humour this night.

Four teams competed at the game: The Pembroke Lumber Kings junior A hockey team for the first quarter, Pembroke city councillors for the second, Algonquin faculty for third and the PRH faculty for the fourth and final quarter. All four teams played against Ottawa Jazz, the team who was putting on the fundraiser.

“Last year it was a fundraiser to raise money for Ottawa Jazz,” said Graham, a 19-year-old player of the team. “We raised over $1,000 and the stands were packed.”

For the entirety of the game Wong provided the commentary as Ottawa Jazz took on team after team. He joked with those in the stands as well with the players. Reminding the Pembroke Lumber Kings that they weren’t playing hockey this time, giving the ball to the team opposing Ottawa Jazz when it was unfair to do so, though it was all in good spirit.

Surprises were there for each quarter. The first player to get a basket against Ottawa Jazz, who was team captain Sam Gleason, got whip cream in the face in the first quarter.

During the second quarter the fire department had to do a “rim check” on the baskets which turned out to be an advantage for the city councillors, helping them get baskets as well as knocking the ball out when Ottawa Jazz tried to shoot.

Third quarter brought the police to “arrest” Ottawa Jazz members to help out the Algonquin faculty.

The final quarter, against Ottawa Jazz, the team who was putting on the fundraiser.

“Disability can be seen as a bad thing,” said Graham. “This is a chance to show what [we] can do.”

In 2012, Stacey Poapst was diagnosed with a torn disc in her back, an injury that can be extremely detrimental to any competitive sporting career. “Vanessa [Vilis, certified athletic therapist at the Algonquin sports therapy clinic] and her team enabled me to not only play through the injury, but manage the pain and come back in mobility. They set me up with stretches and exercises that I firmly believe have allowed me to live relatively pain-free for the past eight months,” said Poapst, former Thunder women’s basketball player and client of the clinic.

“Having attempted physiotherapy before attending the athletic therapy clinic, I can point to the differences in [athletic therapy] technique that allowed me to improve, where physiotherapy just caused more pain,” said Poapst.

The clinic offers a variety of services to its clients in an effort to get them back into the game.

The clinic is open Monday to Friday, from 8 a.m. to 6 p.m. Appointments can be made by telephone: (613) 727-4723 x6585.

Vanessa Vilis, a certified Athletic Therapist sits in the Algonquin Sports Therapy Clinic on Jan. 31.
Hung up on #BellLetsTalk day

Bell's Let's Talk campaign underscores the depth of mental illness by enabling the perception that it’s something easily managed by the painless act of tweeting.

The bumpy ride known as life, converted into a hashtag, now lives as a trend rather than a disease. Abandoned like a coin at the bottom of a wishing well that will soon be forgotten, the enthusiasm has dwindled and shuffled out of mind.

With each of the total 109,451,718 tweets, texts, calls and Facebook shares the Bell’s Let’s Talk Day 2014 raised over $5.8 million. Canadians typed away on #BellLetsTalk day. As of a result of Bell’s attempt to mainstream mental health discussion, our affluent society became fixated to a romanticized view of mental illness by enabling Canadians the huge differences of the human mind. But that simplistic to address the complexity of the human mind. Yet, none of these buzzwords are defined from the liberal traffic lanes of prescription drugs and cognitive behavioural therapy. The medicine they really require is the continuance of informed discussion, rather than a single day of sensationalism.

Now, it is easier than ever to be diagnosed with a mental illness according to Dr. Allen Frances, former chair of the department of psychiatry at Duke University, in an interview with the National Post.

In less than 24 hours, a serious issue had been turned into something unacceptably ordinary. And Canadians couldn’t be happier to oblige, as they continue to appoint an appetite for treatments and cures that reflect the numbers. According to the Organization for Economic Co-operation and Development (OECD), Canadians are the world’s third highest consumers of antidepressants, popping 86 daily doses for every 1,000 people per day.

As a result of Bell’s attempt to mainstream mental health discussion, our affluent society became fixated to a romanticized view of mental illness, the likes of which has never been seen before.

We applauded Bell—a company better known for monopolizing Canada’s telecommunications industry—for showing us how to safely cope with ourselves. As the psychiatric spectrum expands with each update to the mental disorder manual, unserious words like prevention, bullying and short-term counselling are now used to draw conclusions about an individual’s state of mind.

Yet, none of these buzzwords are referenced as viable treatments to serious biochemical brain diseases. The result? Inattentive teenagers, angry kids and binge eating adults who are considered mentally ill.

The practical categories of the manual are criticized for being too simplistic to address the complexities of the human mind. Yet, this isn’t why you gave up going out with your friends last Saturday and chose to spend the night indoors instead. So as scientific genetic studies continue to reinforce the view that everyday behaviour was something that has been turned into something unacceptably ordinary.

The result? Inattentive teenagers, angry kids and binge eating adults who are considered mentally ill.

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So while public paranoia over self-diagnosed mental illnesses increase, we entertain debates over which Monday in January is the most dreary. Break up with your girlfriend and remain sad for longer than two weeks? Replace the Ben & Jerry’s with some Pristiq.

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Single does not equate to sad

Elizabeth Mabie

W eek after week of Valentine’s Day coming, couples are making romantic preparations while single people are either rolling their eyes at the absurdity of the holiday or crying their eyes out into a tub of ice cream because they have no love again this year.

I t’s easy for a single person to feel left out or left behind. Though I have never been in a relationship, I have experienced both of these emotions every single time I realize that my grade is due tomorrow and I haven’t even begun to think about it. Friday shakes its head in sorrow and Saturday and Sunday are always too far off to see. These are the woes of procrastination. It makes me feel like I need everything to be perfect.

I ask what people do when they find themselves procrastinating. They usually are doing something else or thinking about something else. They get distracted. They think they can put it off even longer.

Is my stomach rumbling? Maybe I should eat. Is my back killing me? Maybe I should stretch. Are my headphones connected? Maybe I should put them on.

I try to fight it. My self consciousness won’t let me procrastinate as much as I want. This way when the time comes for me to hand in my final draft I can just spin it and be able to put it off even longer.

I have come across this same issue year after year during my schooling and it doesn’t matter what level of education I’m in, I still find myself procrastinating despite how many times I try to fight it.

I find myself, even as I write this, looking around my room. There is a mess of clothes on the floor that hasn’t bothered me but now I have the urge to actually clean it up. Anything to put off the inevitable.

Is my stomach rumbling? Maybe I should eat.

There is a chip in my nail polish and I can’t put off fixing it any longer. It’s my treat to myself. I “guesstimate” the time it will take me to write something compared to the amount of time I have to do it. An hour out of a week is nothing! So why is it so difficult to do?

If you thought reading this would show you the answer to procrastination, I’m sorry to disappoint you. If I ever find the answer I’ll be sure to write about it. For now however, I’m pretty sure I’m overdue to procrastinate.

Putting the pro in procrastination

Breanna Adams

T error and panic.

I’ve experienced both of these emotions every single time I realize that my deadline has arrived. I start to sweat and I feel as if my life is coming to an end. There is one culprit that is to blame: procrastination.

Let’s start with Monday and Tuesday. That’s when I try to fool myself into believing that the weekend has not come to an end. Wednesday looks me in the face and says “We still have another day!” After this, Thursday makes an entrance and I realize the hammer has come down and that essay that’s worth 20 percent of my grade is due tomorrow and I haven’t even begun to think about it.

Friday shakes its head in sorrow and Saturday and Sunday are always too far off to see. I have come across this same issue year after year during my schooling and it doesn’t matter what level of education I’m in, I still find myself procrastinating despite how many times I try to fight it.

I find myself, even as I write this, looking around my room. There is a mess of clothes on the floor that hasn’t bothered me but now I have the urge to actually clean it up. Anything to put off the inevitable.

Is my stomach rumbling? Maybe I should eat.

There is a chip in my nail polish and I can’t concentrate until it’s fixed.

Maybe my mom is missing me. I should probably call her.

These are the woes of procrastination. It makes me feel like I need everything to be perfect.

I ask what people do when they find themselves procrastinating. They usually are doing something else or thinking about something else. They get distracted. They think they can put it off even longer.

The term “guesstimating” is one I find myself using frequently. “Guesstimate” the time it will take me to write something compared to the amount of time I have to do it. An hour out of a week is nothing! So why is it so difficult to do?

If you thought reading this would show you the answer to procrastination, I’m sorry to disappoint you. If I ever find the answer I’ll be sure to write about it. For now however, I’m pretty sure I’m overdue to procrastinate.

From February 18th to 21st, Calabogie Peaks is giving college & university students a much needed break on ticket prices. Bring your Student ID and you can spend the day on the mountain for just $20, plus get the rentals you need for another $18.

Taxes not included, all purchases must be made direct from our Adventure Center.
Black ice = commuting dangers

I drive a taxi for a living as well, so while I am not a driving instructor I have learned there are more than a few things that people can do during and after an accident to reduce chances of injury and decrease the stress levels.

I find that the weather in Ottawa leads to a variety of difficulties that can lead to accidents with other vehicles both moving and stationary. In most parts of Canada in winter, the biggest problem I find is black ice, when ice forms on the road in such a way that it blends perfectly in with the road.

It is dangerous because it is difficult to detect, making it one of the biggest factors in accidents. Being calm when you get into a situation where your car will not stop, keep your feet off the brake and gas pedals, and allow the car to slow on its own helps I find.

I also agree with Wikibow.com which says that the steering wheel should be kept straight. In my experience when you feel the back end of your car sliding left or right, make a gentle turn of the steering wheel in the same direction of the slide. If you fight the slide by steering in the opposite direction, you risk skidding or spinning out.

The second major problem driving in the winter is severely reduced visibility. Avoiding problems in this situation is just slowing down and paying attention to your surroundings.

My advice is if you are uncomfortable driving in particular weather, pull over and don’t risk it.

In my five accidents, luckily, no one was seriously injured but it is difficult for everyone involved, and that stress goes up with the more cars involved.

I had to start by checking a few things. First and most important was making sure that everyone in the vehicle I was in was okay, if there is anybody complaining of pains in their back or their neck.

I made sure not to move them and told them not to move until we got help. Turning the car off and making sure it was safe to be around, that gas wasn’t spilled around the vehicle, was my biggest concern. I was then concerned about other people involved in the accident.

I called the police, and if needed, the ambulance services, right away.

It will take them time to arrive on scene and as far as I have seen I could take as long as 15 to 20 minutes for them to arrive. I always took down everyone’s information, and after calming down, called my insurance company from the scene. Doing so helped get the insurance process started quickly, and they were able to help me faster than the police were able to.

Just remember a life is more important than a vehicle, and keeping a calm head during and after an accident will help in the case of an accident.

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Let’s kick out cigarette butts

Like dandelions in spring, remnants multiply in winter months

B
ts, so many butts everywhere! It’s disgusting, and it stinks. The bylaw preventing smokers at least 15 metres away from any entrance poisons an issue in regards to litter on campus.

Everywhere you go on campus you see them lined along the entrance, cigarette filters scattered on the ground all over the place.

Why are we okay with this?

There are designated smoking areas where we have access to cigarette filter disposals, but they can only accommodate so many people, and when you’re rushing in between classes the last thing on your mind is to find a shelter and smoke there.

I think of throwing the trash on the ground we could put it out and toss it in the garbage bins?

If smokers were instead soda drinkers and they tossed their empty cans all over campus, nobody would allow that to continue, so what’s the difference with cigarette garbage?

It may be small trash, but it’s not a small problem.

Let’s respect our campus and keep it clean. I think if students and the college banned together we could come up with a solution.

It has to be costing a lot of money to have the mess cleaned up, since it takes over 50 years for cigarette filters to decompose they aren’t going anywhere on their own.

The responsibility is ours, and I know I don’t like the mess.

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Anxiety causing problems for students

For several years, I lived every day like someone who had almost drowned and was terrified to go back into the water.

Except the lake that frightened me so much wasn’t really a lake, it was every place that wasn’t home.

The water that worried me was my own emotions. That’s what anxiety attacks were like for me.

Once I had my first one, I was terrified of being confronted with anything that could trigger it again. Even watching television was a risk. It was very much possible that seeing someone having an anxiety attack could trigger one for me.

Breathing helped in toning down an attack sometimes, but once the tingling in my hands could start, I knew it was a lost battle.

Luckily, I haven’t had an anxiety attack since October but there was a lot of trial and error involved before an effective medication was prescribed to me.

These days, I feel like my old self and it’s fantastic. The symbolic fear of drowning is gone.

But anxiety is one of the most common issues among Algonquin students who make use of the Counselling services available on campus.

A blend of anxiety and depression makes it into second place, according to Alison West- Armstrong, a disabilities counsellor.

The two are often closely linked with each other but it’s very much possible to have one and not the other.

When I’m battling depression or anxiety attacks it’s just hard to live with, I can’t imagine having it mixed with depression.

I felt a sense of relief when I heard that. Nothing bothers me more than those who self-diagnose themselves with mental illness. I know it’s hard to live with anxiety. I can’t imagine having it mixed with depression.

And I know the medications that can help are often a bane and a blessing, but getting that help is the first step. Counselling services are available to us. Even Health Services offer support for students.

Those options are far more effective than a hashtag. So for those students with anxiety or depression—no matter the degree—getting help while in college is very much possible. Don’t give up.
Overmedication generation

From Ritalin to Prozac, an entire era of kids grew up on more perscription meds then Elvis Presley, and now they're feeling the consequences.

Suicidal thoughts never got serious until I had briefly switched to a drug called Strattera. After a short period on the constantly effective drug I held a knife in the kitchen for cutting food and found myself enjoying the thought of slashing my wrists and ending it all.

I immediately stopped taking those pills and switched back to Adderall (the dextroampheta-
mine pill I was on immediately before). The intense sudden suicidal desires never stopped.

Eventually I was diagnosed with anxiety and put on Prozac, an anti-depressant. This levellised out my mood but stole my ability to laugh. I was rarely happy, but never felt the crushing sadness. I began to resent the zapping of emotions and told my doctor I wouldn’t take it anymore. At this point, I suspected Adderall was one of the main reasons I felt the way I did.

I went through teen angst, intolerable bullying, unrequited love, a breakup and the death of two grandfathers under the soul-sapping influence of these drugs. I eventually became weary of the influence of my pills but I had the idea in my head that I needed it.

I am sure that I was addicted. My mind was hardly functioning whenever I missed a dose. Under the pills’ spell, I could expect only to receive mixed feelings or dislike among most people and I’m not sure I can blame them. I had an aggressive edge and whenever I got involved in anyone’s affairs, I handled myself in an aggressive manner that ruined things. Aggression is a known side-effect of dextroamphetamine.

When I finally came to my senses and stopped taking the pills, I noticed something. My emo-
tions were healthy and I began to grow in social wisdom. The angst faded. I truly appreciated the pills’ dark power when I tried to go back on them to focus in college. A crushing sense of anxiety fell over me for two days and I understood what it was that I took for 12 years. I am now a journalism student who must branch out to people for interviews. It would have once been unthinkable for me.

I am not my disorders. I find more of my abil-
ties every day, free of the pills’ oppression. There are people who benefit from psycho-
tropic medications. I am not one. But I was con-
ditioned from a young age to think there was a sickness in me that had to be fixed.

Parents, it’s okay for your children not to take drugs. Communicate with your children and make sure they are okay on these pills.

Doctors, let parents who want their children on the drugs know of the side effects and that they are quite common.

Keep the pharmaceuticals’ influence over medical practices and academia in check. It is their greed alone which may profit from mis-

guided approaches to mental health.

Don’t let future generations be tormented by what they thought was supposed to help them.

This is the face of change.

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Saint Paul University is the founding college of the University of Ottawa (1848), with which it has been academically federated since 1965.

 February 13, 2014
KIDS IN THE HALL
The Times asks: What are your plans for reading week this year?

I’m going home to visit my family in Pembroke
Cory Compton
Game Development

Hopefully I’m going to go skiing
Rebecca Williams
Early Childhood Education

I will be at school, working on my project
John Howell
Game Development

I’ll be staying in and doing some assignments
Karen Edwards
Early Childhood Education

I’m going to go on a Netflix binge
Benny Li
Interactive Multimedia Developer

I will be catching up on assignments and working the whole week
Candice Aubrey
Early Childhood Education

Compiled by Taylor Fong

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